



Relief Nursery

Community Resource Guide

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Please share this free guide with anyone who might benefit or be interested. Our community is rich with resources and skilled, compassionate providers. Let's help people connect with the supports they need!

To be added to the email distribution list for this guide or to submit corrections, contact Jessie Carpenter at jessieca@reliefnursery.org

Relief Nursery Inc.

1720 West 25th Avenue, Eugene
(541) 343-9706

850 South 42nd Street, Springfield
(541) 485-0007

**Strengthening families and
keeping children safe.**



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Relief Nursery Diversity, Equity and Inclusion Statement

Relief Nursery recognizes that systemic barriers to opportunity and access impact many diverse communities. We work to address those barriers through open discussion, thoughtful reflection, and informed design and implementation of programs and policies. We strive to be responsive to the needs and concerns of the families we serve, our staff, and the community at large. We are committed to incorporating social justice into our practices, and to ongoing education, growth and improvement to better bring principles of diversity, equity, and inclusion into everything we do at Relief Nursery.



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CRISIS SUPPORT SERVICES

Call 911 if someone is in imminent danger to themselves or others

The following resources are free and are available in English and Spanish.

Agency	Contact	Notes
CAHOOTS – Eugene	541-682-5111 Crisis Line	Crisis Assistance Helping Out on the Streets. EMT staffed crisis response and transportation to social services. Not for violent or life-threatening emergencies.
CAHOOTS – Springfield	541-726-3714 Crisis Line	
Child / Adolescent Mental Health Crisis Line	888-989-9990 Crisis Line	Support for parents when their child (up to age 18) is having an immediate mental health, emotional, or behavioral crisis (severe acting out, suicidal talk, self-harm, threats, violence). Crisis responders assist parents over the phone and, if necessary, send a 2-person team to the family home to respond directly to the crisis.
Hourglass Community Crisis Center	71 Centennial Loop, Eugene 541-505-8426 Crisis Line	Crisis line and walk-in adult mental health crisis assessment & stabilization. Open 24-hours a day.
Looking Glass Youth & Family Crisis Line	541-689-3111 Crisis Line	For parents of children up to 18 to call when their child is having an immediate mental health, emotional, or behavioral crisis.
Whitebird Clinic Crisis Services	800-422-7558 Crisis Line 990 W 7 th Ave, Eugene	Crisis line and walk-in crisis intervention, referrals, & transportation assistance for people with mental health-related disabilities.
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	Support for people in crisis and their family members
The Trevor Project Lifeline	1-866-4-U-Trevor	24/7 lifeline for LGBTQ youth age 24 and under. See website for lifeline chat and resources.
Crisis Text Line	741-741 (text "CONNECT")	24/7 text-based crisis support

SUICIDE PREVENTION

National Suicide Prevention Hotline: 1-800-273-8255 Available 24 hours everyday

Agency	Contact	Notes
American Foundation for the Prevention of Suicide	https://afsp.org/	Education, advocacy and support related to suicide prevention. Volunteer peer support for survivors of suicide loss.
Lane County Suicide Prevention Program	541-682-8731	Coordinates Lane County's suicide prevention and postvention efforts. Call for information & opportunities to get involved.
One Thing You Can Do	https://onethingtodo.org/	Information about Extreme Risk Protection Orders - a court order that temporarily restricts a person's access to guns if they present a risk to themselves or others.
Oregon Alliance to Prevent Suicide	503-399-7201 amarcus@aocmhp.org	Appointed by the Oregon Health Authority to develop a public policy agenda for suicide prevention with the goal of reducing youth suicides across the state.

CHILD & YOUTH MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
4J Health Center Churchill High School	1850 Bailey Hill, Eugene 541-790-5227	OHP / FREE	Translator available	Counseling for depression, anxiety, anger, attention and focusing challenges, family stress, and referrals for substance abuse. For 4J students age 19 and under.
4J Health Center North Eugene High	200 Silver Lane, Eugene 541-790-4445	OHP / FREE	Translator available	
Bethel Health Center	1525 Echo Hollow Rd, #A, Eugene 541-607-1430	OHP, private ins, sliding scale	NO	Comprehensive health and mental health services for students of Bethel School District age 1-19.
Center for Family Development	261 E. 12 th Ave, Eugene 541-342-8437	Sliding scale, OHP, other insurance	YES	Walk-in assessment, child therapy, behavioral support, groups & classes for depression, yoga, pain management, Dialectical Behavioral Therapy (DBT).
Center for Autism & Related Disorders	134 E 13 th Ave, #2B, Eugene 541-505-9398	Most insurance, including OHP		Applied Behavior Analysis. Communication, social, adaptive & behavioral management skills.

See next page for more Child & Youth Mental Health Services



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CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Centro Latino Americano	944 W 5th Ave, Eugene 541-687-2667	\$15-25 sliding scale / OHP	YES	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
Child & Family Center	1600 Millrace Dr # 106, Eugene 541-346-4910	Sliding scale	NO	Family assessment, counseling, parenting support for families with children ages 2-17.
The Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP	No	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving, Applied Behavioral Analysis.
Child Development & Rehabilitation Center	901 E 18th Ave, Eugene 541-346-3575	OHP / private insurance	Yes	Services for children with special health care needs and developmental disabilities.
Child / Adolescent Mental Health Crisis Response Program	888-989-9990 Crisis Line	FREE	Yes	Support for caregivers of youth, up to age 17, experiencing a mental health crisis (severe acting out, suicidal talk, self-harm, threats, violence).
Community Health Centers	Call for locations 541-682-3550	OHP / Low cost / FREE	Yes	Behavioral health services, medical care, immunizations. Call for hours.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	OHP / private insurance	Some services	Provides a full range of mental health services for children, adolescents, families and adults of all ages.
Early Assessment & Support Alliance	1200 Hilyard St, #570, Eugene 541-682-7583	OHP / private ins / no ins	Yes	Counseling, case management, mentors, employment and educational support, for youth ages 12-25 experiencing psychosis.
Elrod Center	105 E Hilliard Ln, Eugene 541-294-1010	\$10 suggested donation. Free for families involved with DHS	No	A variety of therapeutic services for youth ages 2-22. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class for teens, psychoeducation, resources for families, emotional intelligence classes.
Embody Play Therapeutics	541-852-2799	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Eugene Therapy	401 East 10th Avenue, # 330, Eugene 541-868-2004 info@eugenetherapy.com	Private Insurance / sliding scale		Individual, couples, family, and child therapy. Autism Spectrum Conditions. ADHD assessments. Grief, eating disorders, depression, anxiety, insomnia, trauma PTSD.
Jasper Mountain	37875 Jasper-Lowell Rd, Jasper 541-747-1235	OHP / private insurance	Yes	Intensive residential mental health treatment for children and youth ages 3-13.
Lane County Behavioral Health	2411 Martin Luther King Blvd, Eugene 541-682-1915	OHP	Yes	Walk-in assessment, counseling and groups for adults and youth. Psychiatry, medication management.
Looking Glass Counseling	260 E 11th Ave, Eugene 541-484-4428	OHP	Yes	Residential, outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth. Alternative school.
Madrone Mental Health	150 Shelton McMurfhey Blvd, Eugene 541-210-8090	Trillium / OHP IHN/Samaritan PacificSource	Yes	Intensive Outpatient Eating Disorder Program for youth age 12-18. Outpatient mental health services (English and Spanish). Adult day treatment eating disorder program.
Monte Nido Eating Disorder Center	888-826-2320	Private insurance		Day treatment services for adults of all genders, evening intensive outpatient program, adolescent day treatment.
Ophelia's Place	1577 Pearl St. #100, Eugene 541-284-4333	FREE / sliding scale	Yes	Skill-building classes, groups and strength-based therapy services for girls ages 10-18. After school drop in
Options Counseling	1255 Pearl, Eugene 541-687-6983 175 W. B, Bldg D, Springfield 541-762-1971	OHP	Yes	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Oregon Community Programs	1170 Pearl St, Eugene 541-743-4340	OHP / Trillium	Yes	Counseling, skills trainers, psychiatry for children ages 5-18 and their families. Therapeutic foster care.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE	Yes	Peer support for caregivers raising a child with emotional, behavioral, or mental health challenges.
Oregon YouthLine	877-968-8491 Text 'teen2teen' to 839863 Email YouthL@Linesforlife.org	FREE		Free, confidential teen-to-teen crisis and help line. No problem is too big or too small for the YouthLine! https://oregonyouthline.org/

See next page for more Child & Youth Mental Health Services

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CHILD & YOUTH MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Rapid Access Center (Willamette Family)	195 W. 12th, Eugene 541-762-4300	OHP, other ins, sliding scale	No	Same-day walk-in medical and behavioral health services, chemical dependency assessments. Residential & outpatient treatment for adults / teens.
Relief Nursery	1720 W. 25th Ave, Eugene 541-343-9706	OHP	Yes	Therapeutic preschool. Mental health assessments, play therapy, family therapy, individual and group skills development, in-home therapeutic services, group therapy, parent-child attachment therapy. Circle of Security groups.
	850 S. 42nd, Springfield 541-343-9706			
Shangri-La	398 High St, Eugene 541-344-1121	OHP	Interpreter	Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Age 14+
Safe Center	89124 Marcola Rd, Springfield 541-741-7402	FREE		Residential treatment for children ages 3-13. A typical stay lasts 3-90 days but can last longer if appropriate.
Springfield Schools Health Center	1050 10th St., Springfield 541-682-3550	Sliding scale / Free		Health and mental health services for Springfield District students and their families.
SWIFT Program (Students with Involved Families and Teachers)	10 Shelton McMurfhey Blvd, Eugene 541-485-2711 swift@oslc.org	OHP	No	A strength-based program that provides behavioral health services to students and their families in school, home, and community settings.
Trillium Behavioral Health Member Services	541-485-2155 Para información en español, llama al 541-485-2155	OHP	Yes	Our staff can assist Trillium members in finding mental health counseling or treatment services and help coordinate care.
Thrive Behavioral Health	995 Willagillespie Rd, #200, Eugene 541-246-7263	Most ins. No Trillium for psychiatrist	No	Treatment for children and adolescents experiencing developmental or behavioral health concerns. Psychiatrist, developmental pediatrician, therapists.
Vista Counseling	1551 Pearl St, Eugene Call 541-517-9733 Text 541-525-0023 welcome@vistapsych.com	private insurance and cash pay	No	Therapy for children, teens, adults, families, and couples for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. Comprehensive ADHD evaluations.
Young Adult Hub	1200 Hilyard St, #570, Eugene 541-682-7583	OHP, private insurance, no insurance	Yes	Education and job support, medication management, individual & group therapy, skills training for youth ages 14-24 with significant behavioral health issues.
Youth ERA	Eugene Drop 965 Oak Alley, Eugene 971-334-9295	FREE		A safe, welcoming, inclusive space where youth can receive peer support, gain leadership and advocacy skills, meet new people, and achieve their goals.

ADULT MENTAL HEALTH SERVICES

Agency	Contact	Fees	Spanish	Notes
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Individual, couples, neurofeedback, play therapy, DV intervention, Parenting After Crisis 15-week class.
CAHOOTS - Crisis Assistance Helping Out on the Streets	541-682-5111 Eugene 541-726-3714 Springfield	FREE	Yes	EMT staffed crisis response & transportation to social services (not violent or life-threatening emergencies).
Center for Autism & Related Disorders	134 E 13th Ave Ste 2B, Eugene 541-505-9398	OHP, other insurance		Communication, social, adaptive therapies and Applied Behavior Analysis for children and adults.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	\$5-40 sliding scale	No	Counseling, support groups, classes. Mindful Parenting Group. Men's group. Grandparent's group.
Center for Family Development	261 E. 12th St, Eugene 541-342-8437	Sliding scale, OHP, other ins	Yes	Walk-in assessment, counseling, groups & classes for depression, yoga, pain management, DBT.
Centro Latino Americano	944 W 5th, Eugene 541-687-2667	\$10-25 sliding scale, OHP	Yes	Counseling, youth groups, mentors (age 7-16), addiction support, service navigation.
Community Health Centers of Lane County	Various. Call for locations 682-3550	OHP, Low cost, FREE	Yes	Call for hours. Behavioral health services, medical care, immunizations.
David Romprey Oregon Warmline	800-698-2392 Warm Line Not a crisis line	FREE		Peer Support Warm Line: people who have had mental health challenges support others who are struggling. 7 days a week, 9am – 11pm.

See next page for more Adult Mental Health Services

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ADULT MENTAL HEALTH SERVICES (continued)

Agency	Contact	Fees	Spanish	Notes
Depression Bipolar Support Alliance	510-757-9522 moonlightsea@me.com	FREE		Online and in-person peer support for people who experience depression or bipolar disorder.
Direction Service	576 Olive St, #307, Eugene 541-344-7303	OHP / private insurance	No	Provides a full range of mental health services for children, adolescents, families, and adults of all ages.
Embody Play Therapeutics	541-852-2799	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Eugene Therapy	401 East 10th Avenue, #330, Eugene 541-868-2004 info@eugenetherapy.com	Private Insurance / sliding scale		Adult, child, couples, family therapy. EMDR. Eating disorders, depression, anxiety, Autism Spectrum conditions, grief, trauma. ADHD assessments.
HEDCO Clinic University of Oregon	1655 Alder St., Suite 170, Eugene 541-346-0923	Sliding Scale	Yes	Individual, couples & family therapy by supervised graduate students. Day, evening and weekend hours.
Hourglass Community Crisis Center	71 Centennial Loop, Eugene 541-505-8426 Crisis Line	FREE	Yes	Walk-in adult short-term mental health crisis assessment and stabilization. Open 24-hours a day.
Lane County Behavioral Health	2411 Martin Luther King, Jr. Blvd, Eugene 541-682-3608	OHP	Yes	Walk-in assessment, counseling, groups for adults and youth. Psychiatry and medication management.
Laurel Hill Center	2145 Centennial Plaza, Eugene 541-485-6340	OHP, Medicaid, Trillium	Yes	Supported housing and counseling services for people with psychiatric disabilities.
Madrone Mental Health	150 Shelton McMurfhey Blvd, Eugene 541-210-8090	OHP / private insurance	Yes	Outpatient mental health services. Adult day treatment eating disorder program.
Monte Nido Eating Disorder Center of Eugene	888-826-2320	Private insurance		Day treatment for adults of all genders, intensive outpatient program, adolescent day treatment.
NAMI Lane County	2411 Martin Luther King, Jr Blvd., Eugene 541-343-7688	All groups are free of cost		Peer support for adults living with mental illness and their families. Open Monday-Thursday 10am-2pm. https://namilane.org/programs/ for current groups.
Northwest Christian University Counseling	755 E 11th Ave, Eugene 541-349-7471	\$10 / session, Free for students		Counseling sessions with graduate level counseling students supervised by faculty. For adults 18+.
Odyssey Community Counseling (Emergence)	2149 Centennial Plaza, #4, Eugene 541-741-7107	OHP, Private Ins., no Medicare	Yes	Individual / group counseling. Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, EMDR, ACT. Problem gambling and smoking cessation services.
Options Counseling	1255 Pearl, Eugene 541-687-6983 175 W. B, Bldg D, Spfld 541-762-1971	OHP	Yes	Individual counseling, Dialectical Behavioral Therapy group, Circle of Security parenting group, Parent-Child Interactive Therapy.
Shangri-La	398 High St, Eugene 541-344-1121	OHP	With interpreter	Therapy, medication management, hypnotherapy, CBT, case management, peer support, groups. Ages 14+
Shine Counseling	desiree@shine-counseling.com 541-357-7650	Sliding Scale		Counseling for individuals, couples and families dealing with trauma, anxiety, stress, illness diagnosis, relationship stress, mood / personality disorders.
Trauma Healing Project	1100 Charnelton Eugene 541-687-9447	Sliding Scale	Yes	Body-centered therapies such as yoga and acupuncture. Wellness classes.
University of Oregon Psychology Clinic	15th & Onyx, Eugene 541-346-4954	Sliding scale	No	Marriage and couple counseling.
Vista Counseling	1551 Pearl St, Eugene Call 541-517-9733 Text 541-525-0023 welcom@vistapsych.com	private insurance and cash pay	No	Therapy for children, teens, adults, families, and couples for anxiety, depression, ADHD, trauma, grief/loss, parenting, eating disorders, divorce, LGBT issues, and more. ADHD evaluations.
Whitebird Clinic	990 W 7th Ave, Eugene 541-342-8255 Office 541-687-4000 Crisis Line	OHP	Yes	Individual, couples & family counseling. Phone and walk-in crisis intervention.
Rapid Access Center (Willamette Family)	195 W. 12th, Eugene 541-762-4300	Sliding scale, OHP, other ins	No	Medical and behavioral health services. Chemical dependency assessments. Walk in Monday-Friday 8-4.
Willamette Valley Counseling	180 W 12th Ave, Eugene 541-636-0885	Sliding scale		Counseling for individuals and families. Anxiety, depression, grief, loss, trauma and resilience.

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GRIEF SUPPORT

Agency	Contact	Fees	Spanish	Notes
Cascade Health	2650 Suzanne Way #200, Eugene 541-228-3000	FREE	Yes	Grief education and support groups for adults living with the loss of a loved one.
Compassionate Friends	541-689-0824	FREE		Support for families grieving the death of a child or grandchild of any age.
Courageous Kids	677 E 12 Ave, # N180, Eugene 458-205-7474 kpfeiffer@peacehealth.org	FREE	No	Grief support groups, summer camp for children ages 6-17 who have experienced the death of a loved one.
Elrod Center	105 E Hilliard Ln, Eugene 541-294-1010	\$10 donation. Free for families involved with DHS	No	Therapeutic services for youth ages 2-22 including traumatic grief and loss. Play therapy, art therapy, dog therapy, Dialectical Behavioral Therapy class for teens, emotional intelligence classes, psychoeducation.
GriefShare	See website for locations, dates and times. www.griefshare.org/countries/us/states/or/cities/eugene			Grief recovery support groups meeting weekly in Eugene.
McKenzie Willamette Bereavement Group	541-726-4478	FREE		Weekly general bereavement support group. Call for location.
MISS Foundation	888-455-6477	FREE	Yes	Online support forums for parents and grandparents who have lost a child of any age. Peer support from people who have experienced a similar loss.
Parents of Murdered Children	888-818-7662	FREE	Yes	Support and referrals for family members who have suffered the murder of a child.
Peace Health Bereavement Groups	677 E. 12th Ave., Eugene 458-205-7400	FREE		8-week support groups for any adult grieving the recent death of a loved one. Daytime and evening meetings.
Suicide Bereavement Group	darlene@jenniferbakerfund.org	FREE	No	Support group for survivors of suicide loss; peer-support setting for people to share their pain with others.
Healing Conversations American Foundation for Suicide Prevention	survivingsuicideloss@afsp.org	FREE		Peer support for survivors of suicide loss.
WellMama Pregnancy & Infant Loss Support	150 Shelton McMurphy Blvd, #208, Eugene 541-525-0495	FREE		Support for parents who have experienced pregnancy loss or the loss of a child. Pregnancy and Postpartum Depression Support Groups. Text SUPPORT to 541-525-0495 to connect with a peer support volunteer.

ANGER MANAGEMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
CAFA - Christians As Family Advocates	921 Country Club Rd. #222 Eugene 541-686-6000	OHP	No	26-week anger management class.
Dynamic Interaction Skills	1400 High St, Eugene http://dynskills.com/	Varies		Anger management and communication trainings.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	Insurance not accepted. \$5-40 sliding scale	No	Anger management for parents. Free childcare may be available.
South Lane Mental Health	Cottage Grove 541-767-4173	OHP / sliding scale	No	For clients of SLMH. Ongoing weekly anger management classes.



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CHILDREN AND YOUTH WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
AbleFind	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. www.ablefind.org			
A Child's Garden (Early Childhood CARES)	901 East 18th Ave, Rm 155, Eugene 541-346-4685 mtsiftsi@uoregon.edu			A specialized preschool program for children who experience autism spectrum disorder and who need a structured educational program.
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funding through DD Services	Yes	After school program, events, family support, skill building, in-home respite care for children with intellectual and developmental disabilities, age 2-21.
The Arc Families Connected	4181 E St., Springfield 541-343-5256	FREE	Yes	Parent-led organization that helps families raising a child with intellectual / developmental disabilities.
Autism Society of Oregon	541-689-2228	FREE	No	Resource referrals for individuals with autism spectrum disorder & their families.
Bridgeway House	555 E 15 th , Eugene 541-345-0805	Varies	Yes	For families affected by autism: treatment, home visits, tutoring, speech, occupational therapy, support groups, parenting classes, events, & school.
The Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP	No	Assessment, counseling, psychiatric day treatment school, Collaborative Problem Solving.
Child Development & Rehabilitation Center	901 E 18 th Ave, Eugene 541-346-3575	OHP / private insurance	No	Services for children with special healthcare needs & developmental disabilities. Feeding clinic.
Connect the Dots	84 Centennial Loop, Eugene 541-255-2681	OHP / private insurance	No	Speech, physical & occupational therapy. Sensory integration, developmental delays, Autism, ADD.
Creating Opportunities	462 17th St NE, Salem 503-559-3674	Free if eligible to hire PSW's DD/mental health	Interpreter Available	Equips people with developmental disabilities or their family or representatives to find & manage Personal Support Workers.
DanceAbility International	576 Olive Street Ste 208, Eugene 541-357-4982	Varies		Classes for adults and children, performances for people with & without disabilities to dance together
Developmental Disabilities Services	125 E. 8th Ave, Eugene 541-682-6564	FREE		Case management, in-home support, equipment for children with developmental disabilities.
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	OHP / private insurance	Yes	Support and planning for youth with disabilities (ages 0-23) and their families. IEP support.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578	FREE	Yes	Assessment and support for children with developmental delays, birth to age 5.
Early Education Program (EEP)	99 W. 10th Avenue Suite 340, Eugene 541-485-0368	Varies. FREE for children with delays	Yes	Classrooms designed for children with special needs as well as typically developing children age 3-5 .
Embody Play Therapeutics	leticia@leticia-garcia.com www.embodyplaytherapeutics.com	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
FACT Oregon	888-988-3228 support@factoregon.org	FREE	Yes	Support for families navigating special education, early intervention, IEP's, Transition to Adulthood.
KindTree: Autism Rocks	541-780-6950	Varies	No	Groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane County Public Health CaCoon	151 W 7th Ave, Eugene 541-682-8720	FREE		Helps families access needed services to support children that have special health care needs.
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE for most services	Yes	Peer support for caregivers raising a child with mental health challenges.
RideAble	85230 Hicks Lane, Eugene 541-684-4623	Varies		HorsemanSHIP classes for children, teens and adults. Life skills are developed through riding.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	Funded through DD Services	Yes	In-home support for adults and children with disabilities. Group homes. Supported living.
Therapeutic Animal Interactions & Life Skills	27847 Easy Acres Drive, Eugene 541-335-1390			Equine therapy for individuals, couples, families, or groups. Ages 13+.
Youth Transition Program (University of Oregon)	Shareen Vogel 541-461-8275 svogel@lesd.k12.or.us Kathy Mayer 541-461-8333 kmayer@lesd.k12.or.us	Funded by Voc. Rehab	No	Prepares students with disabilities for employment, education or training through an array of transition services and supports

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ADULTS WITH DISABILITIES

Agency	Contact	Fees	Spanish	Notes
AbleFind	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. www.ablefind.org			
Allies, LLC	131 E. 11th Ave, Eugene 458-210-2837	Paid for by DD Services		Attendant care, transportation, self-expressions program for adults with intellectual / developmental disabilities.
Alternative Work Concepts	541-345-3043 awc@efn.com			Individualized employment opportunities in the community for adults with multiple disabilities.
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funding through DD Services	Yes	Events, family support. In-home respite for children with intellectual / developmental disabilities, age 2-21. Financial / employment skill building.
Bus Buddy Program (LTD)	1080 Willamette St, Eugene 541-345-3043	FREE		Introduction to LTD transit system with assistance of trained volunteers. Gain the tools and confidence to travel safely in and around town.
DanceAbility International	576 Olive Street Ste 208, Eugene 541-357-4982	Varies		Classes for adults and children, performances for people with & without disabilities to dance together
Embody Play Therapeutics	541-852-2799	Varies		Mindfulness-based, attachment-focused, trauma-informed parenting classes, parent coaching and professional education for providers.
Full Access Brokerage	1240 Charnelton, Eugene 541-284-5070 1450 Birch, Cottage Grove 541-513-8548			Referred by DD services. For adults with intellectual / developmental disabilities. Attendant care, home modifications, person-centered behavior support, assistive technology, employment support.
Inner Potential	innerpotential1@gmail.com 503-539-8330	Funded by K Plan		Partnering with individuals experiencing intellectual or developmental disabilities in achieving a healthy, fulfilling life. Age 18+.
KindTree	PO Box 40847, Eugene 541-780-6950		No	Support groups, activities, camp, transition-aged & adult skills training for people experiencing Autism.
Lane Co. Developmental Disabilities Services	125 E. 8th Ave, Eugene 541-682-3695	FREE		Support services for children & adults who experience developmental disabilities
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020	FREE		Independent living skills classes, service navigation, counseling, support groups, club house & more.
Lane WorkForce Partnership	2510 Oakmont Way, Eugene 541-505-8674			Employment support for adults living with disabilities.
Mentor Oregon	1600 Valley River Dr, Eugene 541-345-5151			Residential, supported living, employment, skill building services for adults with intellectual or developmental disabilities
Oregon Supported Living Program	1250 Charnelton Street, Eugene 541-343-4196			Residential, supported living, employment, arts & culture for adults with developmental disabilities.
Pearl Buck Center	115 W 8th Ave, #280, Eugene 541-780-6404	FREE	No	Job coaches, support finding housing & employment for adults with developmental disabilities.
RideAble	85230 Hicks Lane, Eugene 541-684-4623			HorsemanSHIP classes for people with special needs. Life skills developed through riding.
RideSource	240 Garfield St, Eugene 541-682-5566			Transportation for people who cannot ride the LTD bus due to disability / other circumstances.
Rise Service, Inc	1500 Valley River Dr, #270, Eugene 541-246-3697	Funded by DD Services	Yes	In-home support for adults and children with disabilities. Group homes. Supported living.
SAIL – Supporting Access to Independent Living	www.sailhousing.org/			Advocates for and promotes sustainable housing for persons with developmental disabilities.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038 3180 Highway 101, Florence 541-902-9430	FREE		Service coordination and advocacy for anyone with a disability in Lane County as well as seniors.
SLLEA - (Smart Living, Learning, & Earning with Autism)	541-554-8170			Promote quality housing & support adults with Autism & related disorders.

See next page for more ADULTS WITH DISABILITIES resources

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ADULTS WITH DISABILITIES (continued)

Agency	Contact	Fees	Spanish	Notes
Social Security Administration	2504 Oakmont Wy, Eugene 800-772-1213	FREE		Stop in or apply online for benefits.
Supported Employment Services	711 Country Club Rd, #1-A, Eugene 541-687-0687	FREE		Job placement, coaching, supported employment for adults with disabilities. Referrals through Voc. Rehab.
Therapeutic Animal Interactions & Life Skills	27847 Easy Acres Drive, Eugene 541-335-1390			Equine therapy for individuals, couples, families, or groups. Ages 13+ .
Trips, Inc.	PO Box 10885 Eugene 541-686-1013	Varies		Travel opportunities for people of various abilities in a safe, respectful, fun atmosphere.
Vocational Rehab	2885 Chad Dr, Eugene 541-686-7878 101 30 th Ave, Springfield 541-726-3525	FREE	Yes	Skills training / job placement for adults with disabilities.

DEAF and HARD OF HEARING RESOURCES

Agency	Contact	Notes
Hearing Loss Association of America (Lane County chapter)	541-736-4804 clarkoa@msn.com	Monthly meetings and monthly newsletter.
Lions Clubs Hearing Aid Project	971-270-0203 lionsclubsreferrals@olshf.org	Covers the cost of hearing aids, hearing test, ear impressions, and fitting of the aid(s) for people below 200% of federal poverty line.
National Deaf Domestic Violence Hotline	855-812-1001	Advocates available for crisis intervention, education, information and referrals for Deaf, DeafBlind, DeafDisabled callers.
Oregon Association of the Deaf	oad1921@gmail.com	Advocating the rights of Deaf and Hard of Hearing citizens in Oregon.
Oregon Deaf and Hard of Hearing Service Program	503-945-5600 TTY: 503-945-6214	A resource to improve quality of life for Deaf and Hard of Hearing people and their families.
Oregon Deafblind Project	503-838-8328 rhoadsc@wou.edu	Technical assistance, training and information for families and service providers at no cost to enhance services for children in Oregon who are deafblind from birth through age 21 years.
Oregon Deaf Empowerment & Advocacy for Families	Online contact form on website: http://lanecounty.us/odeaf/	Services for individuals that are Deaf who experience domestic, sexual, and/or personal partner violence.
Oregon Registry of Interpreters for the Deaf	https://www.orid.org/	Resources and networking for the Oregon interpreting community, the Oregon Deaf, Deaf-Blind and Hard of Hearing community.
Oregon School for the Deaf	999 Locust Street NE, Salem info@osd.k12.or.us Phone: 503-378-3825 Videophone: 503-400-6180	K-12 school for children who are eligible for special education in Oregon because of a hearing impairment. There is no tuition cost to families. Transportation may be provided by the child's school district. Residential program available.

BLINDNESS and VISION IMPAIRMENT RESOURCES

Agency	Contact	Notes
Guide Dogs for the Blind	Junction City 541-998-6737	Highly qualified guide dogs that serve and empower individuals who are blind or have low vision. All services are free, including training and post-graduation support. Financial assistance for veterinary care, if needed.
Oregon Commission for the Blind	541 Willamette, Rm #408, Eugene 541-686-7990	Vocational rehabilitation (age 14 and older), independent living services (age 55 and older), adaptive equipment.
Oregon Talking Books and Braille Library	Talkingbooks.info@state.or.us 800-452-0292	Braille and downloadable audio books and magazines and descriptive videos available on loan.



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PARENT EDUCATION & SUPPORT

Agency	Contact	Fees	Spanish	Notes
A Family for Every Child	1675 W 11 th Eugene 541-343-2856	FREE	No	Mentors for youth ages 5-18 . 10 hours+ /mo. Parent mentor for families at risk for DHS involvement.
ACT for Families	WIC office - 7 th & Charnelton, Eugene 541-833-0017	FREE if OHP / WIC eligible	No	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
The Arc Lane County	4181 E. St, Springfield 541-343-5256	Funded by DD Services	Yes	After school program, community events, family support. Respite for children with intellectual and developmental disabilities, age 2-21 . Financial planning, budgeting assistance, job skills and job placement.
The Arc Families Connected	4181 E St., Springfield 541-343-5256	No fees	Yes	Parent-led organization that supports families raising a child with intellectual and developmental disabilities.
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Parenting After Crisis class, Domestic Violence Intervention, True Insights Parent Strategies.
Center for Community Counseling	1465 Coburg Rd, Eugene 541-344-0620	\$5-40 sliding scale	No	Counseling, support groups, classes. Changing Anger for Parents class. Grandparent's group. Mindful Parenting Group. Men's group.
Center for Dialogue & Resolution (Parent/Teen Program)	93 Van Buren St, Eugene 541-344-5366	Varies	Sometimes available	Support for communication between parents & teens for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, etc.
The Child Center	3995 Marcola Rd, Springfield 541-726-1465	OHP, private insurance	No	Collaborative Problem-Solving classes. Psychiatric day treatment school. Assessment, counseling.
Direction Service	1144 Gateway Lp, #200, Springfield 541-686-5060	OHP, private insurance	Yes	Array of support & planning programs for youth with disabilities (ages 0-23) & their families.
ECCO 4J Young Parent Program	200 N Monroe Ave. Eugene 541-790-6860	FREE	Interpreter available	Supports pregnant / parenting students in their education and life goals. Childcare may be available.
FACT Oregon	2475 SE Ladd Ave, Portland 888-988-3228	FREE	Yes	Support for families navigating special education, early Intervention, IEP's, transition to adulthood
Family Check Up (Lane County Youth Services)	2727 Martin Luther King Jr Blvd, Eugene 541-682-7936	OHP	Yes	Strengths-based program that helps parents set parenting goals.
Family Support & Connections (CCS)	1025 G St Springfield 541-345-3628 x311	FREE	Yes	Home visiting for parents of children under 18, help connecting with resources, goal planning
Focus on Children	541-682-2070	\$60/ parent, ½ price if on SNAP		Parenting class required for parents who are getting divorced.
FAIR - Families Actively Improving Relationships	10 Shelton McMurfhey Blvd, Eugene 541-485-2711	OHP	Yes	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
KEEP (Oregon Community Programs)	1170 Pearl Street, Eugene 541-743-4342	Paid incentive – receive \$20 each week	No	16 weekly, 90-minute sessions building support and skills for foster and kinship parents of children ages 4-12. Childcare and refreshments provided.
LaneKids (United Way)	Website with information on parenting classes and workshops- including online options, a parenting blog, community activity calendar, and many other resources for Lane County parents. www.lanekids.org			
Maternal/Child Health (Lane County Public Health) 541-682-8720 MCH.Referrals@co.lane.or.us Spanish interpretation available Serving all of Lane County Provided at no cost to families	<p>MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs Babies First; CaCoon; Healthy Families; Nurse Family Partnership all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs.</p> <p>Eligibility: If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs.</p> <p>Oregon Mother's Care: Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother's Care Insurance Assistance Services call Kristi Wedmore at 541-682-3926.</p>			
Options Counseling Circle of Security group	1255 Pearl, Eugene 541-687-6983	OHP	No	Classes focused children's attachment needs for parents with children age 9 and younger.
Oregon Community Programs	1170 Pearl St Eugene 541-743-4340	OHP	Yes	Counseling, skill trainers, psychiatry, wrap-around services for the whole family.
Oregon Family Support Network	72 A Centennial Lp #150 Eugene 541-342-2876	FREE	Yes	Peer support for caregivers raising a child with mental health challenges.

See next page for more PARENT EDUCATION AND SUPPORT resources

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PARENT EDUCATION & SUPPORT (continued)

Agency	Contact	Fees	Spanish	Notes
Parent Helpline	211 x5	FREE	Yes	Child development specialist will answer questions from parents with children 0-8
Parenting Now	86 Centennial Loop, Eugene 541-484-5316	Varies. Scholarships	Yes	Classes & support groups for parents of children ages 0-8. Also, classes for teen parents.
Parent Well-being Program (Trauma Healing Project)	1100 Charnelton, Eugene 541-687-9447	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session. www.healingattention.org
Pearl Buck Preschool and Family Supports	3690 W 1st Ave, Eugene 541-484-4666	FREE	Yes	Support for parents who experience cognitive limitations & have children age 2-5.
Pregnancy & Parenting Center	1525 12th Street, Suite G, Florence 541-902-2273	FREE	Yes	Parent Education, weekly Parent/Child Playgroup, 0-5 year olds, Stork Boutique- diapers, baby clothes, supplies.
Relief Nursery	1720 W. 25 th Eugene 541-343-9706	FREE	Yes	Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery. Therapeutic early childhood program, respite, and support for qualifying families with children age 2-6.
	850 S. 42 nd , Springfield 541-485-0007			
Safe Families for Kids	921 Country Club Rd. Suite 222 Eugene 541-515-7233	FREE		An alternative to foster care, SFFK temporarily hosts children and provides a network of support to families in crisis while they get back on their feet.
Family Resource Centers Free drop-in services for families, children, youth & teens. Access to community resource information. Basic needs resources available. Spanish services available at some locations.	Bethel Family Resource Center	Fairfield Elementary Annex, 3455 Royal Ave, Eugene 541-607-1449 Anne.Diaz@bethel.k12.or.us		
	Creswell Family Resource Center	Creslane Elementary School, 996 West A St, Creswell 541-895-6175 kdumas@creswell.k12.or.us		
	Crow-Applegate-Loraine Family Resource Center	Applegate Elementary, 85955 Territorial Hwy, Eugene 541-935-2100 dwillits@cal.k12.or.us		
	Cottage Grove Family Resource Center	Harrison Elementary School, 1310 S. 8th St, Cottage Grove 541-942-4967 anamaria.dudley@slane.k12.or.us		
	Eugene Family Resource Centers	El Camino del Rio/River Road Elementary, 120 W Hilliard Ln, Eugene 541-790-7709 longoria@4j.lane.edu		
	Fern Ridge Family Resource Center	Fern Ridge Middle School, 88831 Territorial Hwy, Elmira 541-952-7049 frc@fernriddle.k12.or.us		
	Lowell Family Resource Center	Lundy Elementary School 45 S Moss St, Lowell dsilver@lowell.k12.or.us		
	Marcola Family Resource Center	Marcola Elementary School, 38300 Wendling Rd, Marcola 541-933-2512 shockema@marcola.k12.or.us		
	McKenzie/Blue River Family Resource Center	McKenzie High School, 51187 Blue River Dr., Finn Rock 541-822-1110 cricket.clarke@mckenzieisd.org		
	Oakridge Family Resource Center	76499 Rose St, Oakridge 541-782-3281 kcamerer@oakridge.k12.or.us		
	Pleasant Hill Family Resource Center	Pleasant Hill Elementary, 36400 HWY 58, Pleasant Hill 541-736-0495 lhammondmendez@pleasanthill.k12.or.us		
	Springfield Family Resource Center	Services by appointment only. 541-744-6769 1084 G Street #20, Springfield silvia.cejia@springfield.k12.or.us		

FAMILY PLANNING & PREGNANCY OPTIONS COUNSELING

Agency	Contact	Fees	Spanish	Notes
Open Adoption & Family Services	315 W. 10th Ave., Eugene 541-343-4825	FREE		All-options pregnancy counseling for pregnant and parenting women and partners. Arranges open adoptions. Origins therapy & adoption counseling.
Planned Parenthood	3579 Franklin Blv., Springfield 541-344-6519	OHP, sliding scale, some insurance	Interpreter by request	Pregnancy, STD, HIV tests, birth control, treatment, vaccines, men's and women's health care, emergency contraception, abortion services.
	793 N. Danebo Dr., Eugene 541-344-6519			
Pregnancy & Parenting Center	1525 12th Street, Suite G, Florence 541-902-2273 Cell: 541-999-2427	FREE	Yes	Pregnancy tests, pregnancy options info, teen pregnancy support.

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PRENATAL / POST-PARTUM SUPPORT, DOULAS & BABY CARE

Agency	Contact	Fees	Spanish	Notes
ACT for Families	1776 Millrace Dr info@actforfamilies.org 541-434-1621	FREE if OHP / WIC eligible	No	6-week prenatal class. Post-natal class for families with 6-12-month old babies (can bring infants to class).
Baby Connection (Parenting Now)	86 Centennial Loop, Eugene 541-484-5316	FREE	Yes	Drop-in clinic for parents of new babies. Baby weigh-in, lactation support, meet other new parents, photo of child, parent educators.
Daisy Chain	executivedirector@daisychainlane.org 541-505-1139	FREE	Yes	Home visits from postpartum doulas, lactation support, workshops, baby classes.
Doulas of Lane County	http://doulasoflanecounty.com/	Varies	Yes	Listing of professionally trained birth & postpartum doulas.
La Leche League	541-744-6055 (help line)	FREE	Yes	Breastfeeding support line.
Maternal/Child Health (Lane County Public Health) 541-682-8720 MCH.Referrals@co.lane.or.us Spanish interpretation available Serving all of Lane County Provided at no cost to families				
MCH offers four parent support/home visiting programs for pregnant individuals and parents of children up to age 3. These programs Babies First; CaCoon; Healthy Families; Nurse Family Partnership all focus on supporting a healthy pregnancy outcome, child health & development, parental/child attachment, and case management for both medical and social needs.				
Eligibility: If a pregnant woman or family with a new-born child, infant, or toddler is struggling with stressful life circumstance, health needs or developmental concerns, they are most likely eligible for one our programs.				
Oregon Mother's Care: Enrolls newly pregnant women in the Oregon Health Plan faster and assists with finding the right services within the community. For Oregon Mother's Care Insurance Assistance call Kristi Wedmore at 541-682-3926 .				
McKenzie Willamette Women's Health	1460 G St, Springfield 541-726-4400	Varies		Birthing / breastfeeding classes, doctor referrals, OHP enrollment help. Monthly tours of birth center.
Nursing Mothers Council of Oregon	info@nursingmotherscounsel.org 503-282-3338			Lactation support, pump assistance, peer support.
Parent Well-being Program Trauma Healing Project	1100 Charnelton, Eugene 541-687-9447	FREE	Interpreter	Wellness services for parents with children 0-3. Bodywork, movement, parenting support. Call to schedule welcome session.
Post-Partum Support International	support@postpartum.net 800-944-4773	FREE	Yes	Email / phone support, referrals for post-partum services.
Pregnancy & Parenting Center	541-902-2273 1525 12th Street, Suite G, Florence	FREE	Yes	Individualized Prenatal Education, Stork Boutique (diapers, maternity clothes, baby clothes / supplies)
Rainbow Bridge Doula Services	Facebook: Rainbow Bridge Doula Services 541-914-9975	Sliding Scale	Yes	Prenatal, birth & postpartum support.
Sacred Heart Pregnancy & Parenting Education	3333 Riverbend Dr, Springfield 541-222-7074	sliding scale, scholarships		Pregnancy / parent education, prenatal yoga, breastfeeding, birth center tours, new infant care
Well Mama	150 Shelton McMurphy Blvd, #208, Eugene 800-896-0410	FREE	Yes	Mama to mama peer support & groups
Women, Infants, & Children (WIC)	151 W 7th Ave, #210, Eugene 541-682-4202	FREE	Yes	Breastfeeding / nutrition support. Breast pumps.

DIAPER ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St. Springfield	FREE	Yes	FREE diapers. Stop by to check on availability.
Trillium Diaper Assistance	Contact pediatrician	FREE		FREE diapers for children 3+ with developmental disability who have Trillium insurance coverage. Prescription required.



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FOSTER PARENT & ADOPTION SUPPORT

Agency	Contact	Fees	Spanish	Notes
A Family for Every Child	1675 W 11 th Eugene 541-343-2856	FREE	No	Helps find permanent & loving adoptive homes for children in foster care. Mentor program for at-risk & foster youth (5-18). 10 hours+ /mo. of individual support.
Adoption Connections of Oregon	aco@peak.org 541-554-1201	FREE		Support, education, activities for anyone touched by adoption
CAFA - Christians As Family Advocates	921 Country Club Rd, #222, Eugene 541-686-6000	OHP, sliding scale	No	Specialized TIPS (True Insights) Parenting Classes for Foster Parents
Foster & Adoptive Parent Association of Lane County	541-515-9951	FREE		Facebook page, monthly support group, family events, peer support for foster & adoptive families.
Open Adoption & Family Services	315 W. 10 th Ave, Eugene info@openadopt.org 541-343-4825	FREE		Free, all-options pregnancy counseling for women & couples. Adoption plans. Lifelong services.
Oregon Foster Parent Association	410 Mill #366, Salem 888-544-3402			
Relatives as Parents Program	1015 Willamette, Eugene 682-3353	FREE	Interpreter available	Financial assistance for relatives 55+ raising a child. Help with purchase of clothes, beds and other essential needs. Adoption/ guardianship not required.

SCHOOL DISTRICTS in LANE COUNTY

District	Contact	District	Contact
Bethel	541-689-3280 4640 Barger Dr, Eugene	Mapleton	541-268-4312 10868 E. Mapleton Rd, Mapleton
Blachly	541-925-3262 20264 Blachly Grange Rd, Blachly	Marcola	541-933-2817 38300 Wendling Rd, Marcola
Creswell	541-895-6000 998 West A St, Creswell	McKenzie	541-822-3338 51187 Blue River Dr, Finn Rock
Crow-Applegate-Lorane	541-935-2100 85955 Territorial Rd, Eugene	Oakridge	541-782-2813 76499 Rose St, Oakridge
Eugene 4J	541-790-7700 200 N. Monroe St, Eugene	Pleasant Hill	541-746-9646 36386 Hwy 58, Pleasant Hill
Fern Ridge	541-935-2253 88834 Territorial Rd, Elmira	Siuslaw	541-997-2651 2111 Oak St, Florence
Junction City	541-998-6311 69 325 Maple St, Junction City	South Lane	541-942-3381 455 Adams, Cottage Grove
Lowell	541-937-2124 65 South Pioneer St, Lowell	Springfield	541-747-3331 525 Mill St, Springfield

EDUCATIONAL ADVOCACY

Agency	Contact	Fees	Spanish	Notes
Direction Service	1144 Gateway Loop, #200, Springfield 541-686-5060	OHP / private insurance	Yes	Support and planning programs for youth with disabilities (ages 0-23) and their families in Lane County. IEP support.
Inclusive Partners	inclusivepartners@state.or.us 866-837-0250	FREE	Yes	FREE consultation and individualized planning to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors. Financial supplements to support inclusion may be available for providers serving families with ERDC. www.inclusivepartners.org
Oregon Family Support Network	72 A Centennial Loop #150, Eugene 541-342-2876	FREE	Yes	Support for caregivers raising a child with emotional, behavioral, or mental health challenges, Collaborative Problem Solving class, support group, family events, respite, IEP support.
Stopbullying.gov	A website dedicated to resources and information about preventing and responding to bullying.			



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CHILD CARE & EARLY EDUCATION

Agency	Contact	Fees	Spanish	Notes
211 Child Care Referrals	Call 211 Text "children" to 898211 Search online at www.211info.org	FREE	Yes	Call, text, email or check the www.211.org website for referrals to local childcare providers.
A Child's Garden (Early Childhood CARES)	University of Oregon Clinical Services Building 901 East 18th Ave, Rm 155, Eugene 541-346-4685 mtsiftsi@uoregon.edu			A specialized preschool program for children who experience autism spectrum disorder and who need a structured educational program.
Early Childhood CARES	1500 W 12th Ave, Eugene 541-346-2578 eccares@uoregon.edu	FREE	Yes	Early intervention and early childhood special education services for infants, toddlers and preschool age children in Lane County. Assessments, home visits, parent toddler classes, speech therapy, preschool classroom placements.
Early Education Program (EEP)	Various classroom locations. Main office: 99 W. 10th Ave, #340, Eugene 541-485-0368 office@earlyeducationprogram.org	Varies. FREE for children with delays	Yes	Classrooms designed for children with special needs as well as typically developing children age 3-5 . Children attend either morning (9:15–12:15) or afternoon sessions (1:15-4:15), Monday through Thursday or Tuesday through Friday.
Family Relief Nursery	1720 N. 14 th , Cottage Grove & 996 West A St., Creswell 541-942-4835	FREE	Yes	Therapeutic early childhood program, family support, parenting classes, respite, Latino outreach.
Head Start	Various locations. Main office: 221 B St, Springfield 541-747-2425	FREE	Yes	High quality preschool education services & home-based programs for to eligible Lane County children birth to age 5 and pregnant women.
Inclusive Partners	Email: inclusivepartners@state.or.us www.inclusivepartners.org 866-837-0250	FREE	Yes	FREE consultation and individualized planning to make inclusion possible if a child is having difficulty maintaining a placement due to behaviors. Financial supplements to support inclusion may be available for providers serving families with ERDC.
Kids in Transition to School (KITS)	10 Shelton McMurphy Blvd, Eugene 541-485-2711	FREE	Yes	School readiness program that provides a boost to children's literacy, self-regulation, and social skills just prior to kindergarten. Includes a 12-session workshop for parents.
Pearl Buck Preschool and Family Supports	3690 W 1 st Ave, Eugene 541-484-4666	FREE	Yes	Specialized, year-round preschool for at-risk children age 2-5 whose parents have cognitive challenges. Parenting support and education adapted for adults with diverse learning abilities, home visits, case management assisting families to meet basic needs and maintain a safe, stable home.
Preschool Promise	Various classroom locations. Applications at United Way: 3171 Gateway Loop, Springfield preschoolpromise@unitedwaylane.org 541-741-6000	FREE	Yes	Free high-quality preschool for qualifying children, if slots are available. www.lanekids.org/preschool-promise/
Relief Nursery	1720 W. 25th Eugene 541-343-9706 850 S. 42nd, Springfield 541-485-0007	FREE	Yes	Home visiting, parenting support, developmental screenings, parenting classes and Circle of Security classes in English and Spanish, support group for parents in recovery. Therapeutic early childhood program, respite, and support for qualifying families with children age 2-6 .
Quality Care Connections	4000 E 30 th Bldg. 24 Eugene 541-463-3954	Varies	Yes	Training and assistance for childcare providers. See website for current classes and registration. www.lanecce.edu/qcc



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HOME SCHOOLING

Agency	Contact	Fees	Notes
Strive Academy	375 Holly Street, Junction City 541-321-9945	Call for details.	Classroom setting for homeschoolers grades 4-12. 4 days / week (Mon-Thur). Educational Coaches, Tae Kwon Do & enrichment programs included.
Baker Web Academy	541-524-2300	FREE	A full selection of online guided textbook-based classes, teacher support, technology, and face to face learning opportunities.
Barnraisers	www.facebook.com/BarnraisersHomeschool/		Group of Eugene-area homeschooling families that meets regularly for field trips, classes, & activities.
Bridge Charter Academy	60 South Pioneer St, Lowell 541-937-5200 jvondo@bridgecharter.com		Partial-day classroom setting serving home-based K-12 students in Oregon. Parents choose from accredited online curriculum.
Cascadia Learning Cooperative	3495 W. 18th Ave., Eugene 541-357-8892 info@cascadiainlearning.com		Secular, choice-based homeschool cooperative. Enrichment classes taught by parents & community members. Intended as a supplement to a full homeschool curriculum.
Oregon Connections Academy	800-382-6010	FREE	K-12 online public charter school with certified teachers.
Oregon Home Education Network	503-321-5166		
Oregon Christian Education Association Network	503-288-1285		A network of home-schooling families in Oregon and SW Washington with workshops, conferences, and written materials.
LDS Oregon Home Educators Association	866-617-3819		
Home School Legal Defense Association	540-338-5600		Advice / legal support regarding homeschooling.
Teach Northwest	541-952-1381	FREE	K-12 Virtual STEAM & Homeschool Academy.

ALTERNATIVE EDUCATIONAL SETTINGS

Agency	Contact	Fees	Spanish	Notes
Bridgeway House	541-345-0805 555 E 15 th , Eugene	OHP / private Insurance	No	For families affected by autism: treatment, home visits, speech, tutoring, occupational therapy, support groups, parenting classes, social events and a full-time school.
The Child Center	541-726-1465 3995 Marcola Rd, Springfield	OHP / private Insurance	Some Services	Psychiatric day treatment school. Assessment, counseling, Collaborative Problem Solving, Applied Behavioral Analysis (ABA).
ECCO High School	200 N Monroe Ave, Eugene 541-790-6860	FREE	Interpreter available	Alternative high school offering credit recovery and GED options.
Jasper Mountain	541-747-1235 37875 Jasper-Lowell Rd, Jasper	OHP / private Insurance	Yes	Intensive residential mental health day treatment school. Age 3-13.
Lane School	541-463-8500 1717 City View, Eugene Lane ESD Westmoreland Campus	FREE	No	Short-term behavioral & academic day school for K-8 students experiencing Emotional Disturbance or Autism Spectrum Disorder.
Looking Glass Educational and Vocational Services	Center Point School	541-868-0661 1790 W 11th Ave, Eugene		Year-round therapeutic middle & high school for youth experiencing emotional, neurological, or behavioral challenges. Assessments, therapy & transition services. Free.
	New Roads School	541-302-2551 945 W 7th Ave, Eugene		Alternative educational program for runaway / homeless youth. GED prep, tutoring, life skills, meals, health care, counseling, case management, & recreational activities. Free.
	Riverfront School	541-302-2554 1666 W 12th Ave, Eugene		Education & vocational training for at-risk youth 11-21, diploma / GED, help with transportation, clothing, childcare, employment. Free.
	Riverfront Career Center	541-302-2554 1666 W 12th Ave, Eugene		Job Training program that prepares youth age 14-24 for success in the workforce by addressing work expectations, promoting higher education, and providing on-the-job skills training.
	Independent Living Program	541-302-2554 1666 W 12th Ave, Eugene		Assists current and former foster youth ages 16 – 21 to gain skills to transition into independent living. Supports youth to create goals toward education, housing, employment, financial literacy, and more.
Martin Luther King Jr Education Center	541-682-4715 2515 Martin Luther King Jr. Blvd, Eugene	FREE		Serves middle & high school students with an active case with Youth Services. Links to other services including counseling, tutoring, & employment support.

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ACTIVITIES FOR CHILDREN

Agency	Contact	Notes
Adventure Children's Museum	541-653-9629 490 Valley River Center, Eugene	10 am – 6 pm Weekdays. 11 am – 6 pm Weekends. \$5 / person, free for 2 or younger. Reduced admission for EBT cardholders.
Amazon Community Center	541-682-5373 2700 Hilyard St., Eugene	Fitness, family art classes, outdoor concerts, summer camps, pre-school program. Scholarships available.
Amazon Pool	541-682-5350 2600 Hilyard St., Eugene	Outdoor pool i open May – October, featuring 3 pools with 2 water slides, a diving platform, hot tub, a sandbox. Lap & rec swims, lessons, & water-based fitness classes.
Brattain House	541-744-6769 1030 G St, Springfield	Drop in play group for parents & kids 0-5. Call for times.
Bounce Gymnastics	541-343-4222 329 W 3rd Ave, Eugene	Gymnastics & Circus Arts Center with classes for all ages. Aerial arts, ninja zone, cheer. Camps. Open gym times.
Cascades Raptor Center	541-485-1320 32275 Fox Hollow Rd, Eugene	Nature center specializing in raptors. \$9 adults, \$8 students, \$6 for kids under age 12. Free family passes can be checked out at Lane County libraries (up to \$30)
Defy Extreme Air Sports	541-246-9989 85 Division Ave, Eugene	\$15 / hour. \$11 / hour for 6 & younger. Trampolines, obstacle course, zipline.
Echo Hollow Pool	541-682-5525 1655 Echo Hollow Rd, Eugene	Lap & recreational swims, lessons, water-based fitness classes, fitness equipment.
Eugene Parks & Rec	541-682-5333 Various locations	Fitness & enrichment classes for people of all ages, camps, childcare, adaptive programs. Recreation Guide: https://secure.rec1.com/OR/city-of-eugene-or/
Eugene Public Library	Downtown Branch 100 W. 10th - 541-682-8316	Story time, activities for children & families. See website for current information. Click on Kids then Events. www.eugene-or.gov/130/Eugene-Public-Library Free for City of Eugene residents. Can purchase pass if outside Eugene.
	Bethel Branch 1990 Echo Hollow Rd - 541-682-5450	
	Sheldon Branch 1566 Coburg Rd - 541-682-5450	
Get Air	541-827-1016 4211 W 11th Ave, Eugene	Trampoline park, ninja course, foam pit, dodge ball, toddler area. Prices range from \$7.99-\$11.99 / hour depending on height of the child.
Girl Scouts of Oregon and Southwest Washington	72 Centennial Loop #300, Eugene 541-485-5911	Engaging, challenging, fun activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects.
Go Mom Go	www.gomomgoeugene.com/	Online calendar of local classes, activities, events for children in Lane County.
Greenhill Youth Volunteer Program	541-844-1777 88530 Green Hill Rd, Eugene	For youth age 12-15. Must commit to 2 hours / week for 3-6 months. Youth must be supervised by a guardian over the age of 18 at all times.
Hilyard Community Center	541-682-5311 2580 Hilyard St., Eugene	Camps, trips, drama, music, fitness, support groups, sports, Paralympic sports, veteran programs, adaptive equipment rentals.
Kidsports	541-683-2374 2190 Polk St, Eug	Positive youth team sports experiences. Equipment Room open M-F 7:30-5:30
LaneKids	www.lanekids.org/events/	Calendar of local events for children in Lane County.
Little Hands Can	http://http://littlehandscan.org	Local volunteer opportunities for children.
Peterson Barn	870 Bertzen Rd, Eugene 541-682-5521	Programs for youth, families & seniors including pre-school & afterschool programs
Reading with Cats Program	541-844-1777 88530 Green Hill Rd, Eugene	For children age 6-12 . Sign up 24 hours ahead of time online.
River Road Parks & Rec	541-688-4052 1400 Lake Dr, Eugene	Fitness & enrichment opportunities for youth & adults.
Roaring Rapids Pizza Company	541-988-9819 4006 Franklin Blvd, Eugene	Pizza place with a working carousel.
Eugene Science Center	541-682-7887 2300 Leo Harris Pkwy, Eugene	Science exhibits, planetarium, camps. Reduced rates with EBT card: Exhibit Hall & Stargazing shows - \$1/ person
Sheldon Community Center	541-682-5312 2445 Willakenzie Rd, Eugene	Preschool, after school programs, camps, fitness center. Pool - lap & rec swim, lessons, water-based fitness classes.
Springfield Public Library	541-726-3766 225 N 5th St, Springfield	Storytime, events for families. Check the website for a current calendar. Free for City of Springfield residents
Tamarack Aquatic Center	541-686-9290 3575 Donald St, #300, Eugene	Warm water pool for all ages, income levels, and abilities. Rehabilitation programs, therapeutic interventions, recreation, and preventative activities with a focus on health and wellness. Warm water swim lessons & swim times for ages 6 months & up.
Willamalane Parks & Recreation	541-736-4544 250 S. 32 nd , Springfield	Fitness & enrichment classes, camps & preschool & afterschool programs. Scholarships available.
Eugene Family YMCA	541-686-9622 2055 Patterson, Eugene	Recreational programs, group fitness & swim lessons for people of all ages. Scholarships available.

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SENIOR & AGING SERVICES

Agency	Contact	Fees	Notes
AARP Driver Safety Class	503-780-3454	Class is \$14. \$12 for AARP members	Class on driving safety & preventive measures. Completion may make you eligible for insurance discounts.
Aging & Disability Resource Connection	ADRCLane@lcog.org 541-682-3353	FREE	Online searchable resource aging & disability database.
Campbell Community Center	155 High Street, Eugene 541-682-5318		Classes, activities, social & support groups, special events for 50+
Lane Senior Support Coalition	859 Willamette St, #500, Eugene 541-525-1474	FREE	Assistance to low income seniors. Meals on Wheels, senior meal sites & emergency support funds.
Long-Term Care Ombudsman	541-345-2846	FREE	Volunteer advocates for residents in long-term care to address their concerns, protect their rights & promote their dignity.
Senior & Disability Services	1015 Willamette Street, Eugene 541-682-4038 3180 Highway 101, Florence 541-902-9430	FREE	Service coordination & advocacy for seniors in Lane County.
The Lane Senior Guide	Free, comprehensive online directory of services for seniors. www.laneseniorservices.org/ 541-302-9508		
Senior Companion Program	www.lanecce.edu/scp 541-463-6260	FREE	Volunteer companions age 55+ help frail senior & disabled adults overcome loneliness & retain independence through 1:1 visits.
Social Security Administration	2504 Oakmont Wy, Eugene 800-772-1213	FREE	Stop in or apply online for benefits.

SERVICE MEMBERS, VETERANS & THEIR FAMILIES

Agency	Contact	Notes
Eugene Community Based Outpatient Clinic	3355 Chad Dr, Eugene 541-607-0897	Outpatient medical & mental health care. Walk-in medical clinic Mon-Fri 8-4:00 & by appointment.
Eugene Vet Center	190 East 11 th , Eugene 541-465-6918	Readjustment counseling services for Veterans of combat theaters.
Family Assistance Specialist	541-736-4601 x4601 lacy.j.cromwell.ctr@mail.mil	Referrals, outreach, crisis intervention, financial resources, ID cards, DEERS, legal resources, Tricare resources, emergency family assistance, Exceptional Family Member Program.
Helping Hands for Freedom	www.helpinghandsforfreedom.org/life-needsfinancial-assistance	Emergency financial assistance to Military/Wounded Veteran families and Gold Star families with a child 18 or under currently in the home. Payments can include lease, mortgage, insurance, car payments, utility bills, and some travel expenses.
LCC Maxwell Student Veteran Center	LCC Main Campus, Bldg. 19, Rm 233 541-463-5663 vaedbenefts@lanecce.edu	A safe, welcoming, and inclusive space for veterans to study, relax, chat with other veterans, and obtain veteran resources. Student Veterans of America chapter.
Lane County Veteran Services	151 W. 7 th , #460, Eugene 541-682-4191	Assists vets & their families to determine eligibility for benefits based on military service. Monday - Friday 8-5:00, (Closed 12-1:00).
Oregon Department of Veteran's Affairs	700 Summer St NE, Salem 800-692-9666	Information about applying for a wide range of benefits including employment, education, home loans, healthcare, pensions and more.
State Youth Outreach Coordinator	503-584-2390	Subsidized childcare for active duty service members (children age 0-5), program for military-connected middle / high school children, family camps, youth symposium
Supportive Services for Veteran Families (St. Vincent de Paul)	2890 Chad Drive, Eugene. For an intake leave a message: 541-743-7107	Homeless prevention, case management, benefits specialist, housing search assistance, financial education, temporary financial assistance (deposit, rent, utility, auto repair, bus pass, childcare, etc.).
Trauma Healing Project	1100 Charnelton, Eugene 541-687-9447	Women veteran's support group. Thursdays 12-1. Sliding scale fee (\$2-10).
Veterans Administration Legal & Housing Services	211 E. 7 th Ave, Eugene 541-242-0445	Legal, Housing, Child support services. Veterans Free Legal Clinic, Child Support 101 Class, Section 8 vouchers.
University of Oregon Veterans Affairs Office	244 Oregon Hall 541-346-3201	For students seeking assistance with VA educational benefits.
University of Oregon Student Veterans Center	215 Oregon Hall, Eugene 541-346-1160	Study and meeting space, computer and printing stations, staff to assist you with personal and academic needs, community veteran service providers.
VA Behavioral Health, Recovery & Reintegration	211 E. 7 th Ave, Eugene 541-242-0440	Services for vets at risk of or currently homeless. Medical, mental health, recovery, vocational rehabilitation, housing assistance. Drop in services M-F @ 2:00 pm
Homeless Veteran Hotline	1-877-424-3838 Assistance for homeless Veterans & their families	
Veterans Crisis Hotline	1-800-273-8255, Press #1 or Text: 838255 Free, confidential support 24/7 support for any personal crisis.	

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LGBTQIA+ SERVICES

Agency	Contact	Notes
Basic Rights Oregon	503-222-6151	Working for policies to support LGBTQA
Eugene/Springfield Pride	Email: event@eugene-pride.org 541-321-0356	Sponsors pride events.
Family Acceptance Project	fap@sfsu.edu	Resources to help families support LGBT children and teens.
Interweave	541-225-8696	LGBTQI / allies. Monthly film & potluck.
It Gets Better Project	info@itgetsbetter.org	Uplifting, empowering, and connecting lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe
Lane Community College Gender Equity Center	GenderEquityCenter@lanecc.edu LCC Campus Bldg #1, Rm 202 541-463-5353	Support, advocacy, resources & community for LGBTQ+ students, staff, allies.
LGBTQA3 Alliance	lgbtqa@uoregon.edu Erb Memorial Union, U of O #22	A student-run organization dedicated to providing a space for all gender identities and expressions. Open for students to hang out or work on homework. LGBTQIA+ library.
LGBTQIA+ Support Group	541-484-9791 supportgroup@sass-lane.org	Call or email for schedule. 18 years+. FREE
Odyssey Community Counseling	2149 Centennial Plaza #4, Eugene 541-741-7107	Trans Youth DBT Group, Support Group for Trans Teens
OGALLA: LGBT Bar Association of Oregon	Email: info@ogalla.org	A statewide organization to support the needs of lesbians, gay men, and other sexual minorities in the legal profession.
Psychology Today listing of LGBTQ Groups in Lane County	Website with a listing of LGBTQ support groups, couples counseling and individual counseling. https://www.psychologytoday.com/us/groups/gay/or/eugene	
Psychology Today listing of LGBTQ Therapists in Lane County	Website with a listing of LGBTQ support groups, couples counseling and individual counseling. https://www.psychologytoday.com/us/therapists/gay/or/lane-county?sid=5cffe1f7be909	
Stopbullying.gov	LGBTQ youth and those perceived as LGBTQ are at an increased risk of being bullied. Website with info and resources about creating a safe environment for LGBTQ youth.	
Trans*Parent Family Support Group	Unitarian Universalist Church 1685 W 13th Ave, Eugene eugenetransparentgroup@gmail.com	For parents and families of transgender & gender expansive youth. Meets on the third Thursday of each month (5:30-7pm). No meetings during summer months June/July/Aug.
Trans*Ponder	541 Willamette St, #310, Eugene info@transponder.community 508-443-6337	Monthly meetings, special events for trans/gender diverse folks and allies, inclusivity trainings, consultation for organizations and businesses. Office hours: Fridays 10am-12pm.
University of Oregon OUTLaws	https://www.facebook.com/outlawsUO/	LGBTQ+ Engagement, Education, and Community Development at the University of Oregon School of Law.
Youth LGBTQIA+ Group	Amazon Community Center 2700 Hilyard St, Eugene 541-682-5373	Youth group for people 13-18 years old.
Talk Lines and Hotlines	GLBT Youth Talk Line	800-246-PRIDE A peer talk line for LGBTQ youth 23 & under. Monday-Saturday 12pm-5pm.
	GLBT National Hotline	888-843-4564 Monday-Friday 4pm-12am Saturday 12pm-5pm Online peer support chat at www.glbtnationalhelpcenter.org
	Lambda National Hate Crime Hotline	206-350-4283 24-hour bilingual (English-Spanish) hotline for LGBTQ survivors of hate crimes, domestic violence, sexual assault, and other crimes
	National Gay & Lesbian Youth Hotline	800-347-8336 Weekend nights only.
	The Trevor Project	24/7, for LGBTQ youth 24 & under . M-F Noon - 7pm. Text "Trevor" to 202-304-1200; 7 days/week, Noon-7pm. Chat: www.thetrevorproject.org/chat Protected online community www.trevorspace.org
	Trans Lifeline	1-877-565-8860 Peer support hotline run by trans people for trans and questioning callers. 7am-1am daily.

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NATIVE AMERICAN and INDIGENOUS RESOURCES

NINE FEDERALLY RECOGNIZED TRIBES IN THE STATE OF OREGON		
Burns Paiute of Harney County	541-573-2088	EMAIL: info@burnspaiute-nsn.gov
Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians		
Confederated Tribes of Grand Ronde	503-879-5211	EMAIL: info@grandronde.org
Confederated Tribes of Siletz	541-444-2532	
Confederated Tribes of Umatilla Reservation	541-276-3165	
Confederated Tribes of Warm Springs	541-553-1161	
Cow Creek Band of Umpqua Indians	541-672-9405	
Coquille Indian Tribe		
Klamath Tribes	541-783-2219	
Agency	Contact	Notes
Center For Multicultural Academic Excellence	541-346-3479 cmae@uoregon.edu	Develops and implementing programs and services that support retention, academic excellence, and success at the UO and beyond.
Chifin Native Youth Center	1084 G Street, Springfield 541-726-4301	A central location for Indian Education students across the Springfield School District to help Native students develop their tribal identity while interacting with mentors, community leaders and other students.
Indian Time radio program	Thursdays, 7-9 p.m. on KRVM 91.9 541-790-6686	Explore the extensive and richly varied world of American Indian music, including traditional and contemporary songs and powwow music.
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene ko-kwel.eug@coquilletribe.org	Primary outpatient medical care providing culturally appropriate care for Native Americans and Alaska Natives around Eugene.
LCC Longhouse Lane Community College	4000 East 30th Avenue, Eugene 541-463-5238 longhouse@lanecc.edu	A sovereign space where Native American students and the community can share their values and cultures to create mutual learning relationships. It is a multi-use facility available to all students and provides program and classroom space for culturally appropriate activities.
Many Nations Longhouse University of Oregon	541-346-3036 jyunker@uoregon.edu	A place of community, welcome, peace, harmony, cultural exchange, and of individual support, respecting the diversity of numerous American Indian cultures and beliefs.
National Indian Child Welfare Association	5100 S Macadam Ave. Suite 300, Portland 503-222-4044 info@nicwa.org	Supports the safety, health, and spiritual strength of American Indian and Alaska Native children by helping tribes build the capacity to prevent child abuse and neglect through positive systems change.
Native American Student Association	4000 East 30th Avenue, Eugene 541-463-5238 tapahonsol@lanecc.edu	Assists American Indian, Alaskan Natives, and Indigenous peoples in maintaining cultural values while pursuing their educational goals.
Native American Student Union	University of Oregon Multicultural Center/EMU 541-346-4207 asuonasu@gladstone.uoregon.edu	Assists indigenous peoples in maintaining cultural values while pursuing their educational goals. NASU emphasizes the support, safety and educational successes of the Native American community.
Native American Youth and Family Center	5135 NE Columbia Blvd. Portland 503-288-8177	A family of numerous tribes and voices who are rooted in sustaining tradition and building cultural wealth. They provide culturally specific programs and services to enhance the diverse strengths of youth and families in partnership with the community through cultural identity and education.
Natives' Classroom at Head Start of Lane County	Apply at: www.hsolc.org Or call 541-747-2425 to request information or an application	Open to Head Start eligible families identifying as American Indian or Alaskan Native. Focus on Native American heritage & culture in the Head Start Classroom with American Indian/Alaskan Native teachers

See next page for more NATIVE AMERICAN and INDIGENOUS RESOURCES



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NATIVE AMERICAN and INDIGENOUS RESOURCES (continued)

Agency	Contact	Notes
Natives Program	2295 Four Oaks Grange Rd. Eugene 541-790-5900 brainard@4j.lane.edu	The Native Americans Towards Improved Values in Education and Society program provides free education and learning activities for Native American/Alaska Native students.
Northwest Indian Language Institute	1629 Moss Street Eugene 541-346-0730 nwili@uoregon.edu	NILI supports and strengthens language preservation and revitalization efforts by establishing collaborative, on-going projects that meet the specific needs and desires of each language community.
Oregon Indian Education Association		Advances comprehensive, culture-based, and Native language educational opportunities for American Indians, Alaska Natives and Native Hawaiians (AI/AN/NH).
Oregon Native American Chamber	4445 SW Barbur Blvd, STE. 102 Portland 503-894-4525 support@onacc.org	Working with all members of the community to advance the educational and economic opportunities for Native Americans in Oregon and Southwest Washington.
Smok Signalz: Independent Tribal Media	503-879-1463 news@grandronde.org	Smoke Signals is the independent Tribal newspaper of the Confederated Tribes of Grand Ronde, covering tribal news, health and education, gaming and culture. It publishes twice a month. https://www.smokesignals.org/
Tribal Climate Change Project	541-346-5777 kathy@uoregon.edu	The project focuses on understanding needs and opportunities for tribes in addressing climate change, examining the government-to-government relationship in a climate context, and exploring the role of traditional knowledge in climate change studies, assessments and plans.
Youth Movement	movement@ym7.org	Non-profit organization that works to inspire Native youth to be active and empower them to participate in and start movements.

ASIAN AMERICAN and PACIFIC ISLANDER RESOURCES

Agency	Contact	Notes
Asian American Council of Oregon	info@asiancouncil.org 541-225-5982	Fostering friendship and harmonious relations among all people through events and activities that stimulate a better understanding of Asian and Asian-American cultures.
Asian Pacific American Network of Oregon	8188 SE Division St, Portland info@apano.org 971-340-4861	A statewide, grassroots organization, uniting Asians and Pacific Islanders to achieve social justice.
Chinese-American Benevolent Association	392 Rustic Place, Eugene cabaeugene@gmail.com 541-485-1755	Nonprofit based in Eugene that promotes education, arts, and cultural programs related to Chinese, Chinese Americans, and Asian Americans.
DisOrient Asian American Film Festival of Oregon	1430 Willamette St. #30, Eugene info.disorientfilm@gmail.com 541-954-1798	Indie film festival featuring authentic Asian American/Pacific Islander voices, histories and stories. Films highlight social justice themes and universal human experiences, with a commitment to representation, diversity and inclusion.
Japanese American Association of Lane County	1863 Pioneer Pkwy. E #123, Springfield james3374@gmail.com 541-521-9078	Bringing together community, celebrating culture, supporting activities that promote Asian culture, including the Oregon Asian Celebration, the Asian Kite Festival by the Asian Council, and DisOrient Asian American Film Festival of Oregon.



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LATINX / HISPANIC RESOURCES

Agency	Contact	Notes
Causa Oregon	700 Marion St. NE, Salem causa@causa.org 503-409-2473	Works to improve the lives of Latino immigrants and their families in Oregon through advocacy, coalition building, leadership development, and civic engagement.
Grupo Latino de Acción Directa	313 E 8th Ave, Eugene 541-525-0507 gladoflanecounty@gmail.com	Working to increase participation and visibility of Latinx communities in conversations and decisions that affect them.
Huerto de la Familia (The Family Garden)	944 W 5th Ave., Eugene info@huertodelafamilia.org 541-505-9569	<i>Estamos ampliando las oportunidades y la capacitación en agricultura orgánica y la creación de empresas a las familias.</i> Increasing the health and economic security of Latinos in Lane County by providing opportunities and training in organic agriculture and business creation to families.
Centro Latino Americano	944 W 5th Ave, Eugene 541-687-2667	Counseling in Spanish. Youth groups, mentors, age 7-16. Addiction support. Social service navigation.
LatinX Network	pedropacheco@namilane.org 541-701-4630	La Red de Apoyo esta compuesta por diferentes organizaciones de servicios sociales en la area de Lane County que provee apoyo, servicios, asesoria.
League of United Latin American Citizens (LULAC of Lane County)	541-337-6294	The largest and oldest Hispanic organization in the United States, LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs.
Grupo Latino Americano Accion Directa (GLAAD)	541-525-0507 gladoforegon@gmail.com	An independent, non-partisan gathering of Latino members and allies. On Facebook: https://www.facebook.com/grupolatinodeacciondirecta/
Integration Network for Immigrants of Lane County	www.facebook.com/Integration-Network-for-Immigrants-of-Lane-County-652804211445387/	IN is a group of organizations, institutions and individuals that want to help create an environment of integration for all immigrants in Lane County.
Amigos Multicultural Youth Center	503-289-1517 info@mrgf.org	Amigos Multicultural Services Center promotes respect for Latin American immigrants whose dignity and livelihood have been challenged by poverty, discrimination, and social exclusion.
Center for Latino/a and Latin American Studies (U of O)	541-346-5286 clas@uoregon.edu	The Center for Latino/a and Latin American Studies (CLLAS) serves as a hub for interdisciplinary and collaborative research and creative work focusing on the study of Latin America and U.S. Latino/a populations.

IMMIGRATION & MIGRANT SERVICES

Agency	Contact	Fees	Spanish	Notes
Immigration Legal Services	1025 G Street, Springfield 541-345-3628 x303 icolgan@ccslc.org	All services discounted	Yes	Legal assistance for DACA, family-based petitions, victims of violence, abuse, DV, crime or trafficking, refugees, citizenship.
Legal Aid & Advocacy	376 East 11th Ave, Eugene 541-485-1017	FREE	Yes	Help completing forms, filing with USCIS, Representation at Asylum Interviews, Immigration Court, Board of Immigration Appeals (BIA) Intakes M, W, F at 12:30. Must apply in person.
Migrant Education Program (MEP)	541-461-8382 Email: mep@lesd.k12.or.us	FREE	Yes	Services for youth under 22 who have not graduated & have moved across school district boundaries within the last 3 years to seek work in agriculture, forestry or fishing.
Oregon Immigration Resources	https://oregonimmigrationresource.org/	FREE	Yes	Legal assistance. Know your rights resources, family preparedness.
Refugee and Immigrant Services Program (RISP)	RISP@ccslc.org 541-345-3628	FREE	Yes	Immigration legal services, refugee resettlement program, asylum services including help finding or paying for housing, transportation, health care.
American Immigration Lawyers Association	www.aialawyer.com		Yes	Find a qualified immigration lawyer in your community.
U.S. Citizenship and Immigration Services	800-375-5283		Yes	

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JEWISH RESOURCES

Agency	Contact	Notes
Jewish Federation of Lane County	PO Box 5924, Eugene, 97405 jewishfederationlc@gmail.com 541-484-2541	Promoting the social, cultural, educational, and philanthropic needs of Jews in Lane County, globally, and in Israel.
Temple Beth Israel Center for Jewish Life	1175 E. 29th Ave., Eugene 541-485-7218	Promoting the spiritual, educational and social well-being of our members, the Jewish people of Lane County, and the larger community.

EQUITY and SOCIAL JUSTICE ADVOCACY

Agency	Contact	Notes
Black Lives Matter	The official Facebook page for BLMEUG, Black Lives Matter: Eugene. We are here to help spread the message of Black Lives Matter and organize peaceful, nonviolent protests for change in Eugene, Oregon. https://www.facebook.com/groups/283681563038502/about	
CALC (Community Alliance of Lane County)	458 Blair Blvd, Eugene info@calclane.org 541-485-1755	Addresses root causes of oppression, privilege and power, works collaboratively as allies to help build leadership, especially for marginalized and dis-empowered people.
Equity, Access and Inclusion (Lane County)	125 E 8th Ave, Eugene 541-682-3725 Mo.Young@co.lane.or.us	Provides staff support for the Equity and Access Advisory Board and guides the internal equity work of the County.
Eugene Human Rights Commission	101 W 10th Ave. 2nd floor, Eugene amccluskey.hrc@gmail.com	Promoting the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.
Fair Shot for All	http://www.fairshotoregon.org/ 503-383-9766	Gives a voice to those who are often left behind in the political process: low-wage workers, women, and people of color; holds legislators accountable.
Human Rights and Neighborhood Involvement (Eugene)	101 W 10th Ave. 1st floor, Eugene hrni@ci.or.us 541-682-5177	Supports victims of hate and bias activity, coordinates accessibility for events, facilities, and services, responds to discrimination complaints and accessibility grievances, helps create better access to government for marginalized communities.
NAACP Eugene Springfield	https://naacplanecounty.org/contact/	The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
One Oregon	joel@causaoregon.org	Statewide coalition that defends against anti-immigrant and anti-Muslim policies and works to ensure that all Oregonians are treated with dignity and respect.
Rural Organizing Project	PO Box 664, Cottage Grove office@rop.org 503-543-8417	Statewide organization of locally based groups that work to create communities accountable to a standard of human dignity.
Showing Up for Racial Justice - SURJ	info@surjaction.org	SURJ focuses on educating and mobilizing white people, in partnership with Communities of Color, to combat racism and white privilege.
Solidarity Network / Jobs With Justice	PO Box 10272, Eugene 541-632-3265 essn@solidaritynetwork.org	Supports civil and economic rights of all working people – especially the right to a decent standard of living, the right to a stable job, and the right to organize.
Springfield Alliance for Equity and Respect	safer1214@gmail.com 541-485-1755	Promoting human rights, responding when abuses of human dignity occur, and urging public institutions to address social justice concerns. SAfER is committed to immigrant rights and racial justice, LGBTQ rights, and the right to shelter.
Unite Oregon	https://www.uniteoregon.org/contact	Led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. Building a unified intercultural movement for justice.

BLACK OWNED BUSINESSES

Agency	Notes
Black Owned Businesses in Eugene Oregon	During the pandemic, 40% of Black-owned businesses have closed, and many have systematically been shut out from receiving federal assistance. Even during non-Covid times, the median wealth for white families is about 12 times that for Black families. Check out this list of Black-Owned Businesses in our area: https://blackbusinesseseugene.github.io/bbe/

VOTER REGISTRATION

Registering to vote is easy at: https://secure.sos.state.or.us/orestar/vr/register.do
Find out who your federal, state, and local elected officials are and their contact information at: https://www.usa.gov/elected-officials



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LEGAL SUPPORT

Agency	Contact	Fees	Spanish	Notes
Child Support- Oregon Department of Justice	541-686-7833 Eugene 541-726-3525 Springfield	FREE		Child Support services for families who have received TANF. Call for nearest location
Family Court Assistance	125 E 8 th , 2 nd floor Eugene 541-682-4302	Review is FREE. Document costs vary.		Review documents regarding divorce & custody. Drop in M-F 8:30-11:30 am or call for appointment.
Lane County Youth Services	2727 Martin Luther King Jr Blvd, Eugene 541-682-3962	Varies		Restorative justice, custody & parenting time mediation, supervised parenting time, parenting classes.
Lawyer Referral Service	800-452-7636	\$35 for first visit		Refers clients to attorneys for an office consultation. No telephone consultations
Legal Aid & Advocacy	376 E 11th Ave, Eugene 541-485-1017	FREE		Apply in person. 12:45-2:45pm M/ W/ F.
Legal Clinic at Sponsors	338 Hwy 99 N, Eugene 541-505-5690	FREE	Spanish by arrangement	Support for past / present criminal legal issues. Call for dates and to register.
Modest Means	800-452-7636	\$35 for consult, \$60-100 / hr		Initial consultation, up to 30 minutes.

VICTIMS OF CRIME SERVICES

Agency	Contact	Fees	Spanish	Notes
Crime Victim and Survivor Services	503-378-5348 Email: CVSSD@doj.state.or.us	FREE		Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.
Crime Victim's Assistance	99 W 10 th #310, Eugene 541-682-8401	FREE	NO	Assists victims in misdemeanor cases handled by City Prosecutor's office.
Victim Services Division	125 E 8th Ave, Rm 400, Eugene 541-682-4523	FREE	Yes	Provide crime victims with information regarding the legal process. Support with victim's compensation.

MEDIATION SERVICES

Agency	Contact	Fees	Spanish	Notes
Center for Dialogue & Resolution	93 Van Buren St, Eugene 541-344-5366	Varies	Sometimes available	Mediation for tenant disputes, family issues, foreclosures, teen parents.
Lane County Family Mediation	151 W. 7 th , Suite 360, Eugene 541-682-3962	FREE 1 st session. Discount if on SNAP	Yes	Custody, parenting time, & financial mediation.



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CHILD ABUSE & NEGLECT

Oregon Child Abuse Hotline 1-855-503-SAFE (7233) Call to report suspected child abuse or neglect, 24/7. If a child is in immediate danger, call 911.				
Agency	Contact	Fees	Spanish	Notes
90x30	1244 Walnut Street, Eugene friends@90by30.com	FREE		Collaborative effort to reduce child abuse in Lane County. Volunteer opportunities.
CAFA - Christians As Family Advocates	921 Country Club Rd #222 Eugene 541-686-6000	No OHP		Supervise DHS parent-child visits for a fee. Counseling, DV class, parenting class.
CASA – Court Appointed Special Advocates	174 Deadmond Ferry Rd, Springfield 541-984-3132	FREE	Yes	Volunteers are trained to advocate in court for a DHS-involved child.
Kids FIRST Child Advocacy Center	2675 Martin Luther King Blvd, Eugene 541-682-3938	FREE	Yes	Medical exams, child interviews regarding abuse. Must be referred by DHS or law enforcement.
National Child Abuse Hotline	800-422-4453 Professional crisis counselors, 24/7. Crisis intervention, information, referrals to resources. All calls are confidential.			

DOMESTIC VIOLENCE & SEXUAL ASSAULT

Agency	Contact	Fees	Spanish	Notes
Womenspace	1557 Pearl St., Suite 400, Eugene 800-281-2800 (24-hour crisis line) 541-485-6513 (office)	FREE	Yes	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, emergency transportation, safe house, support groups, Latina bilingual advocacy.
SASS - Sexual Assault Support Services	591 West 19th Ave, Eugene 541-343-7277 (24-hour Hotline) 541-484-9791 (office)	FREE	Yes	Medical / legal advocacy, peer counseling, support groups. Can accompany victim to doctor/hospital.
CAFA - Christians As Family Advocates	921 Country Club, #222, Eugene 541-686-6000	OHP (Trillium)	NO	Domestic violence classes for survivors. 36-week class for perpetrators.
Crime Victim and Survivor Services	503-378-5348 Email: CVSSD@doj.state.or.us	FREE		Compensation for victims of crime for medical, mental health, rehabilitation, funeral, loss of income.
Domestic Violence Advocate at DHS	2885 Chad Dr, Eugene 541-686-7878 2101 W 11th Ave, West Eugene 541-686-7722 101 30 th St. Springfield 541-726-3525 305 Coop Court, Cottage Grove 541-942-9186 3180 Highway 101 N, Florence 541-997-8251		Yes	Womenspace advocates at the Department of Human Services (DHS). Help with restraining orders, court appearances. Referral made by caseworker. No cost.
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence www.florencesos.org	FREE	Yes	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance.
Victim Services Program	125 E 8 th Ave, Eugene 541-682-4523	FREE	Yes	Assigns volunteers from court advocacy unit, protective order unit, & family assistance.
National Domestic Violence Hotline	800-799-7233 (24/7) Email: www.thehotline.org/get-help/			
National Sexual Assault Hotline	800-656-HOPE 800-810-7440 (TTY) Connect with a trained staff member from a sexual assault service provider in your area. English and Spanish.			

BATTERER & SEX OFFENDER INTERVENTION

Agency	Contact	Fees	Spanish	Notes
CAFA - Christians As Family Advocates	921 Country Club Rd, # 222, Eugene 541-686-6000	OHP. Intake \$65. \$35/ class	Front desk	Oregon approved 36 to 48-week Batterer Intervention Program for men & women
McKenzie Counseling	1705 Centennial Blvd, Suite #1, Springfield 503-880-1664	\$350-\$800 intake, \$300/ mo	NO	Outpatient sex-offense specific treatment program for adult & juvenile males & females.
Siuslaw Batterers Intervention Program	1525 12th St, #20, Florence 541-335-1457			52-week batterers intervention program & a 12-week anger management program for both males & females.



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FOOD BOXES & PANTRIES *EUGENE*

Agency	Contact	Notes
Bethel Food Pantry	4445 Royal Ave 541-688-9085	<p>Call the individual pantry site or check the Food for Lane County website for days and times of operation. https://foodforlanecounty.org/find-a-food-pantry/</p>
Casa de Luz (se habla español)	1295 Taney St. 541-521-7437	
Catholic Community Services	1464 W. 6th Ave. 541-345-3628	
Coburg Food Pantry	32695 E Pearl St. 831-345-3866	
Daily Bread	89780 N Game Farm Rd 541-344-3380 x32	
Eugene Faith Center Pantry	1410 W 13th Ave 541-686-9244	
Larry Collins Memorial Pantry	255 Maxwell Rd. 541-688-2027	
Oregon Family Support Network	72 A Centennial Loop 541-342-2876	
Pray BIG! St. Matthew's Church	4110 River Rd. 541-689-4010	
Salvation Army - Eugene	640 W. 7th Ave. 541-343-3328	
St Vincent de Paul Food Room	456 Hwy. 99 N. 541-689-6747	

FOOD BOXES & PANTRIES *SPRINGFIELD*

Agency	Contact	Notes
Catholic Community Services	1025 G St 541-345-3628	<p>Call the individual pantry site or check the Food for Lane County website for days and times of operation. https://foodforlanecounty.org/find-a-food-pantry/</p>
Waypoint Church	332 58th St. - 541-345-3628	
Salvation Army - Springfield	1275 Mill St 541-747-6229	
The Shepherd's Table at St. John's	2537 Game Farm Rd 541-746-3322	
The Arc of Lane County	4181 E Street 541-343-5256	

FOOD BOXES & PANTRIES *RURAL LANE COUNTY*

Agency	Contact	Notes
Coburg Food Pantry	541-221-5055 32695 E Pearl St, Coburg	<p>Call the individual pantry site or check the Food for Lane County website for days and times of operation. https://foodforlanecounty.org/find-a-food-pantry/</p>
Community Food for Creswell	541-246-9117 64 Cobalt Lane, Creswell	
Community Sharing Project	541-942-2176 1340 Birch Ave, Cottage Grove	
Dexter Food Pantry	541-937-4229 38925 Dexter Rd, Dexter	
Florence Food Share	541-997-9110 2190 Spruce St., Florence	
God's Food Box	541-688-8884 27373 8th St, Alvadore	
God's Storehouse	541-995-8403 180 Smith St., Harrisburg	
Goldson Grange	541-998-1539 23479 Hwy 36, Cheshire	
Helping Hand	541-933-2575 92170 Marcola Rd, Marcola	
Hilltop Pantry	541-935-1331 25735 Crow Rd	
Junction City Local Aid	541-998-3992 210 E. 6th Avenue, Junction City	
Leaburg Community Cupboard	541-896-3857 45061 McKenzie Hwy, Leaburg	
Lowell Food Pantry	541-603-5043 4 E. Lakeview St, Lowell	
Mapleton Food Share	541-268-2919 10718 Highway 126, Mapleton	
McKenzie River Food Pantry	541-822-3249 51187 Blue River Dr, Blue River	
Mid Lane Love Project	541-935-4555 x104 25035 W. Broadway, Veneta	
Noti Food Pantry	541-935-0324 22540 Fir St, Noti	
Oakridge Food Pantry	541-782-2192 47674 School St., Oakridge	
Up River Pantry	541-946-1606 37895 Row River Rd, Dorena	
Triangle Food Box	541-925-3090 20280 Blachly Grange Rd, Blachly	
Valley United Methodist Church	25133 E Broadway Ave, Veneta	



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MEAL SITES

Agency	Contact	Notes
Crossfire Food Ministry	942 28th St, Springfield 541-686-3473	Drive through food boxes on Thursdays.
Ebert Memorial Methodist Church	532 C St, Springfield. Passing out to-go meals.	Monday 8:30-10:30AM, Tuesday/Thursday 8:00-11:15AM
Eugene Catholic Worker	5th & Washington 541-735-3823	Call for mealtimes
Eugene Mission	1542 W 1 st St, Eugene 541-344-3251	Call for mealtimes
Eugene Service Station (CCS)	450 B Hwy 99 N, Eugene 541-461-8688	Call for mealtimes
First Christian Church (Eugene)	1166 Oak St, Eugene 541-344-1425	Call for mealtimes
Food Not Bombs	8th & W Park street, Eugene	Friday, 2pm. eugenefoodnotbombs@gmail.com
Free People	Sunday Breakfast at Washington-Jefferson Park, 9:15-9:45AM Sunday Dinner at the 19 tables across from Lamb's Cottage, 5:00-5:30PM	
Hearth and Table	Free meals for local college students once a week Tuesdays, 5:00PM-6:00PM. Central Lutheran Church, 1857 Potter St. Use the entrance in the back off the parking lot. Meals are packaged for reheating, plant-based. Recipes provided.	
Hosea	834 Monroe, Eugene	Monday, Wed, Fri, 5:00 pm - 7:00 pm (13-23-year olds)
Liberation Street Church	Corner of Royal & 99 503-803-2921	Call for mealtimes
Looking Glass, New Roads	941 W 7 th Ave Eugene 541-686-4310	For homeless youth. Tues, Thurs - 5:30 pm - 6:30 pm (11-21 year olds)
Shepherd's Hand	653 3rd St, Junction City 541-255-2331	Call for mealtimes
St Mary's Episcopal Church	13 th & Pearl, Eugene 541-343-9253	Call for mealtimes
St. Vincent de Paul	450 B Hwy 99 N, Eugene. 18+ only. Limited number of guests in the building. M-F 8:00AM-5:00PM	
The Dining Room	270 W 8 th Ave, Eugene 541-343-2822 . Call for mealtimes. Youth must be with legal guardian	
Trinity Lutheran Church	657 S 7th, Cottage Grove 541-942-2373	Call for mealtimes
Valley United Methodist Church	25133 E Broadway, Veneta 541-935-1614	Call for mealtimes

MEALS for SENIORS

Agency	Contact	Notes
American Red Cross	996 Jefferson St., Eugene 541-684-7172	
Bateman Senior Meals	1407 Cross St., Eugene 541-683-8510	
Campbell Senior Center	155 High St., Eugene 541-682-5318	
Café 60 Meal Sites (Senior & Disability Services)	Coburg United Methodist Church, 91193 N. Willamette, 541-682-4378 Riverview Terrace, 925 W. Main, Cottage Grove - 541-942-9261 Cresview Villa, 350 S. 2nd St., Creswell - 541-895-2338 Olive Plaza, 1135 Olive St, Eugene - 541-342-3515 Northwest Neighbors, 1221 Jacobs Dr, Eugene - 541-689-8011 River Road Annex, 1055 River Road, Eugene - 541-688-4052 Florence Senior Center, 1570 Kingwood Florence - 541-997-5673 Viking Sal Senior Center, 245 W. 5th St., Junction City - 541-998-5367 Church of the Nazarene, 48187 Highway 58, Oakridge - 541-782-4318 Willamalane Adult Center, 215 W. C St., Springfield 541-736-4408 Fern Ridge Service Center - 25035 W. Broadway, Veneta 541-935-7354	Anyone age 60 & older is served, regardless of income. Guests under 60 are welcome to attend for \$8 per meal. Mealtimes vary. Call for details.
Kaufman Senior Center	996 Jefferson St, Eugene 541-342-1881	
Meals on Wheels	Meals delivered to people who are homebound. 541-682-4368	
Senior Meals Program of Lane County	1015 Willamette St., Eugene 541-682-3353 Meals delivered to people 60 years+ who are homebound & need help with meal preparation.	

NUTRITION RESOURCES

Agency	Contact	Fees	Spanish	Notes
Food for Lane County	770 Bailey Hill Rd, Eugene 541-343-2822	FREE	Yes	Provides food for pantries & meal sites in Lane County. M-F 8am-5pm. List of sites at www.foodforlanecounty.org
OSU Extension Service	996 Jefferson St, Eugene 541-344-0249	Varies, mostly FREE	Yes	Hands-on cooking, nutrition, food safety, food shopping & physical activity classes for adults in English & Spanish.
SNAP (food stamps)	Call for closest office 800-723-3638	FREE	Yes	Apply in person or www.apps.state.or.us/onlineApplication
WIC - Women, Infants, & Children	151 W 7 th Ave, Rm 210, Eugene 541-682-4202	FREE	Yes	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.

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CLOTHING ASSISTANCE

Agency	Contact	Notes
4J School District	200 N. Monroe, Eugene 541-687-3349	For 4J families. Call for appointment
Adventist Community Center	1546 N 12th, Springfield 541-746-7071	Tuesday 10-12
Catholic Community Services	1464 W 6 th Eugene 541-345-3628 1025 G St., Springfield	Eugene: Monday-Friday 9am-4:30pm (Children's clothing only) Springfield: Tuesday through Saturday, 9am-12pm
Clothing Room	1761 E St, Springfield 541-746-5624	T, Th, F 10am-3pm & W 11am-3pm.
Eastside Clothes Closet	95 Centennial Loop, Springfield	1 st & 3 rd Tuesday 1pm-3pm & every last Thursday 7-8:30pm
Eugene Mission	1542 W 1 st Ave, Eugene 541-344-3251	Monday-Friday 10am-4pm. No need to call.
Helping Hand Room 1st Christian Church	1166 Oak St., Eugene 541-344-1425	Clothing, shoes, hygiene supplies, home goods & sleeping equipment. Open Tues & Thurs, 12-2 pm
Hosea Youth Services	834 Monroe, Eugene 541-344-5583	Youth under 22 yrs. Showers, food, laundry, clothing. M, W, F 3-6:30pm
Oregon Family Support Network	72 A Centennial Loop, Eugene 541-342-2876	Clothing closet for families who are raising a child with emotional, behavioral or mental health challenges. Call for hours.
Relief Nursery	1720 W 25 th Ave, Eugene 541-343-9706 850 S. 42 nd , Springfield 541-485-0007	For families receiving Relief Nursery services.
St. Vincent de Paul	456 Hwy 99 N, Eugene 541-689-6747	Clothing, furniture & other household goods.
The Stash (Lane Community College)	LCC Main Campus, Center Building, Basement, Room 006	Free thrift store for current, registered students of Lane Community College.
White Bird Clinic	341 E. 12th, Eugene 541-342-4357	Monday-Friday, 8am – 10pm.

LAUNDRY ASSISTANCE

Agency	Contact	Fees	Notes
Laundry Love (Springfield Faith Center)	Holiday Coin Laundromat on 14th St across from Grocery Outlet, Springfield	FREE	Free access to laundromat, 2nd Monday of each month, 5-8pm & the last Thursday of each month, 10am-12pm. 1st come, 1st served. 6 load max.

CAR SEAT CLINIC

Agency	Contact	Notes
Peace Health Car Seat Check	Monthly at Fire Station #2 1705 W 2 nd Ave, Eugene Quarterly at PeaceHealth RiverBend 3311 RiverBend Dr. Springfield See website for dates and times: www.peacehealth.org/2019-car-seat-check-clinics	A certified child passenger safety technician (CPST) will: <ul style="list-style-type: none"> Check your child's seat/booster for proper installation. Check for recalls and educate caregivers on safe installation and maintenance of seat/booster. <p>Answer your child passenger safety questions. FREE. No registration required</p> <p>Due to COVID, all scheduled monthly car seat checks will be postponed until it is safe to do so.</p>
Child Car Seat Program	Cottage Grove 541-942-9145 x264	Cottage Grove Police Department offers car seat installation inspections. Call for an appointment.

TRANSPORTATION ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
Catholic Community Services	1464 W 6 th Eugene 1025 G St., Springfield 541-345-3628	FREE	Yes	Bus day passes (for verified appointments only). Call or stop in to find out availability.
Lane Transit District (LTD) Half / Free Fare	1080 Willamette, Eugene 541-687-5555	FREE or Half price		Half-fare for people with disabilities. FREE fare for adults 65+
RideSource	240 Garfield St, Eugene 541-682-5566	FREE		For people who cannot ride LTD buses due to disability / other circumstances



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BASIC NEEDS

Agency	Contact	Spanish	Notes
Brattain House	541-744-6769 1030 G St, Springfield	Yes	School Supplies k-12
Catholic Community Services	541-345-3628 1464 W 6 th , Eugene 1025 G St, Springfield	Yes	Clothing, bus passes, diapers, birth certificate / ID assistance, personal care items, SNAP enrollment
Community Sharing Program	541-942-2176 1245 Birch Ave, Cottage Grove	Yes	Food boxes, rent / utility assistance, emergency shelter, limited medical/ dental /prescription.
Emerald Community Services	541-683-4169 90 Lawrence St, Eugene		Clothing, household goods, food boxes, special needs referrals.
F.I.S.H. - St. Mary's Church	541-688-3269 440 Maxwell Rd, Eugene		Emergency food boxes, propane, help paying for medication. Open Monday-Friday, 10-2:30. Call to request food box.
Home Starter Kit Church of the Resurrection	541-686-8462 3925 Hilyard, Eugene		Household items for homeless people moving into a new home. Print app, complete, & mail / deliver. resurrectioneugene.org/wordpress/wp-content/uploads/wp-pdf/hsk/HSKRequestForm.pdf
Hope to Dream	https://www.ahopetodream.com/		Supported by Ashley HomeStores, Hope to Dream provides a twin mattress, bed frame, bedding and pillow. Nominate a child on their website.
Hosea Youth Services	541-344-5583 834 Monroe, Eugene		For youth 22 & under . Showers, food, laundry, hygiene, clothing.
Love, Inc	541-653-8537 loveinccllc@gmail.com PO Box 23452, Eugene		Hands-on assistance such as medical rides, furniture donations, yard work, cleaning, painting. Eugene / Springfield area only.
Sleep in Heavenly Peace	844-432-2337 x5113 Contact Connie & Bryce Jonas		To request a bed or refer a family: www.shpbeds.org/request-bed . Families must have a room large enough to fit one of the beds.
St. Vincent de Paul	541-689-6747 456 Hwy 99, Eugene		Furniture & other household goods
Salvation Army	640 W. 7th Ave, Eugene 541-343-3328 1275 Mill St, Springfield 541-747-6229		Basic needs, food, utilities, rent, deposits, prescriptions, water & utility bills, holiday meals, Christmas toys. M-Th 8:30-12, 1-3:30, F 8:30-12:30
The Hope Project	https://www.hopeprojecthelps.com/ask		Online application for a quick response to needs falling through the cracks of traditional systems or needing immediate assistance -- large and small, close by and far away. Give as much detail as you can. No ask is too big or too small!

ID & BIRTH CERTIFICATE ASSISTANCE

Agency	Contact	Fees	Spanish	Notes
Catholic Community Services	1464 W 6 th Eugene 1025 G St, Springfield 541-345-3628	FREE	Interpreter available	2nd and Last Thursday of every month. Arrive at 8:55am. Assistance with birth cert or ID card. Call DMV to see what documents you need for an ID. DMV phone #:541-686-7855.
Eugene Mission	1542 W 1 st , Eugene 541-344-3251	Varies		Assists overnight guests who are in case management with obtaining ID's. If they can pay, they must do so. Most birth certificates are \$20-30 & a new state ID card is \$44.50
Lane Independent Living Alliance (LILA)	20 E 13th Ave., Eugene 541-607-7020	FREE		Independent living skills classes, service navigation, counseling, support groups, clubhouse, ID assistance.

LOW COST PET SERVICES

Agency	Contact	Fees	Notes
Community Veterinary Center	470 Hwy. 99, Eugene 541-636-3324	Sliding scale	Vaccines, dental, prescriptions, surgery, diagnosis, spay / neuter, euthanasia. Proof of income required.
Eugene Spay and Neuter Clinic	3970 W. 1st Ave., Eugene 541-682-3643	Varies	Spay/neuter, vaccines, flea medication. Discount if eligible for SNAP, disability, or unemployment
Greenhill Humane Society	88530 Greenhill Rd, Eugene 541-689-1503	FREE	Free spay and neuter surgeries for all feral, stray and free-roaming cats in Lane County
Pro Bone-O	541-607-8089 proboneo@comcast.net	FREE	Veterinary services, pet food / supplies for homeless.
S.P.O.T.	www.spotspayneuter.org 541-485-7768	Reduced cost	Financial assistance to spay/neuter dogs. \$10 spay/neuter for Chihuahuas, pit-bulls, and dogs of low-income veterans.
Willamette Animal Guild	3045 Royal Ave, Eugene 541-345-3566 appointments@wagwag.org	Varies	Spay / Neuter Clinic. Vouchers for low-income pet owners.

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MEDICAL SERVICES

Agency	Contact	Fees	Spanish	Notes
Acupuncture for the People	2833 Willamette St Suite B, Eugene 541-521-6285	1 st appt: \$30-55, then: \$15-40		Licensed acupuncturist servicing anyone who needs a sliding scale.
Bethel Health Center	1525 Echo Hollow Rd., Suite A, Eugene 541-607-1430	OHP, sliding scale, some insurance		Health services for ages 1-19. Mental health counseling.
Community Health Centers of Lane County 541-682-3550 Medical, prenatal, pediatrics, behavioral health, prescriptions. No walk in. Call for hours. OHP, private insurance, sliding scale	RiverStone Clinic	2073 Olympic St, Springfield		
	Charnelton Community Clinic	151 W 7th Ave Suite 100, Eugene		
	Prenatal Clinic	151 W 7th Ave # 310, Eugene		
	Springfield Schools Health Center	1050 10th St, Springfield		
	LCBH Primary Care	2411 Martin Luther King Jr. Blvd, Eugene		
	Brookside Clinic	1680 Chambers St #103, Eugene		
	Delta Oaks Clinic	1022 Green Acres Rd, Eugene		
Healthy Tomorrows (Peace Health)	3333 Riverbend Dr., Springfield 541-687-6242	Free if not eligible for OHP	Yes	Immunizations, child health, vision / hearing / developmental screenings, dental referrals.
HIV Alliance	1195 Cityview, Eugene 541-342-5088	OHP only	Yes	HIV/hepatitis test, health/dental, housing support, social events, meals, financial assistance case management.
Homeless Youth Clinic	541-686-4310 941 W 7 th Ave, Eugene	FREE	Yes	STI/HIV testing ages 16-21 (permission required for individuals under age 16).
Ko-Kwel Wellness Center Coquille Indian Tribe	2401 River Rd. Eugene ko-kwel.eug@coquilletribe.org			Primary outpatient medical care providing culturally appropriate care for Native Americans and Alaska Natives around Eugene.
Lane County Public Health	151 W 7th Ave., Room 310, Eugene 541-682-4041	OHP, sliding scale, some insurance	Yes	STD testing, vaccinations by appt. No walk ins.
Occupy Medical	541-316-5743 1717 Centennial Blvd, Springfield	FREE	Yes	Every Sunday. Food served noon-3:30pm (Suite 4), medical services starting at 11:45 (Suite 7). Arrive before 2:30 for medical services. www.Occupy-Medical.org
Rapid Access Center (Willamette Family)	541-762-4300 195 W. 12 th , Eugene	OHP only		Same-day walk-in medical, behavioral health & addiction services.
The SHOP (Sharing Healthcare Options Program)	541-342-8255 341 E 12 th , Eugene	FREE	Yes	Enrollment assistance for health insurance through Cover Oregon including OHP. Call for appointment.
Trauma Healing Project	541-687-9447 1100 Charnelton, Eugene	Sliding Scale	Yes	Body-centered therapies, wellness classes.
Trillium Behavioral Health Member Services	541-485-2155	FREE		Members can call this number to change physicians.
Volunteers in Medicine	541-685-1800 2260 Marcola Rd, Springfield	FREE	Yes	Medical, mental health, prescription for low-income adults without insurance / with OHP but no provider
White Bird	541-484-4800 1400 Mill St., Eugene	OHP, sliding scale	Sometimes	Medical walk-in clinic.
Ask-a-Nurse	541-686-7000	Call 24 hours a day for free, confidential health-care information & referrals.		
Poison Control Hotline	800-222-1222	24/7 hotline for questions / emergencies regarding poisons.		

DENTAL SERVICES

Agency	Contact	Fees	Spanish	Notes
Children's Dental Center	1850 Bailey Hill Rd, Eugene 541-687-3232	FREE		For uninsured children. Referrals by school nurse.
Community Health Centers of Lane County	Call for locations. 541-682-3550	OHP, private ins., sliding scale	Yes	Dental prevention program. No walk in.
Dental Clinic Lane Community College	2460 Willamette, Eugene 541-463-5206	Free eval, low cost	Sometimes	Adult exams, cleaning, fluoride. No fillings /surgery.
White Bird	1400 Mill St, Eugene 541-344-8302	OHP, sliding scale	Yes	Dental appointments, walk-in clinic. Call for hours.



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VISION CARE

Agency	Contact	Fees	Notes
Lion's Eyeglass Assistance	lionsclubsreferrals@olshf.org 971-270-0203	FREE	Eye exams and glasses. Call or email to schedule
White Bird	341 E 12 th , Eugene 541-342-8255	FREE	Vouchers for eye exams and glasses. Come into the clinic to apply. 3-4 month wait. M-F 9-3:30.

PRESCRIPTION ASSISTANCE

Agency	Contact	Notes
Catholic Community Services	1464 W 6 th , Eugene 1025 G St Springfield 541-345-3628	Up to \$50 / year if funds are available (not for controlled substances).
F.I.S.H. - St. Mary's Church	541-689-9750 440 Maxwell Rd, Eugene	Food, propane, prescriptions.
Oregon Prescription Discount Program	800-913-4146	20-50% off. Apply online or by phone. www.oregon.gov/OHA/pharmacy/OPDP/pages/applicationpage.aspx
Volunteers in Medicine	2260 Marcola Rd, Springfield 541-685-1800	For people with moderate income who are uninsured.
Community Sharing Program	1440 Birch Ave, Cottage Grove 541-942-7933	Prescription assistance, utility assistance, food boxes, firewood, showers, laundry, & propane. Help to avoid eviction / foreclosure.

SMOKING CESSATION

Agency	Contact	Fees	Spanish	Notes
Emergence	78 A Centennial Loop, Eugene 541-393-0777	OHP, sliding scale	YES	12-week intensive outpatient smoking cessation
Options Tobacco Cessation	3311 Riverbend Dr, Eugene 541-222-7442	FREE	Interpreter available	Group meets every Monday at 5:30 p.m. Evaluation, therapy after quitting smoking.
Oregon Tobacco Quit Line	800-784-8669 Available 24/7	FREE	Yes	Talk or chat online with an expert Quit Coach. Find smoking cessation programs based on your location and insurance at www.quitnow.net/oregon
QTIP - Quit Tobacco in Pregnancy (Lane County)	541-682-4440	FREE	Yes	Incentive program that helps pregnant women quit smoking. Women who successfully quit smoking can earn up to \$250 in gift cards. 8am to 5pm Mon – Fri.

GAMBLING ADDICTION TREATMENT

Agency	Contact	Fees	Spanish	Notes
Meridian Gambling Program (Emergence)	2149 Centennial Plaza Suite 4, Eugene 541-741-7107		Yes	Outpatient gambling treatment.
National Problem Gambling Hotline	800-522-4700 Call or text	FREE	Interpreter	Resource referrals for every state. 24/7, 100% confidential.
Problem Gambling Hotline (Oregon)	877-MyLimit Call or text	FREE	Yes	Free, confidential help. Referrals to gambling treatment services.



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RECOVERY SUPPORT

Agency	Contact	Fees	Spanish	Notes
Al-Anon & Alateen	https://alanonlaneor.us/find-a-meeting/ 541-741-2841	Free support for families / friends of people experiencing addiction to alcohol. Call or check website for meeting times.		
Alcoholics Anonymous	http://www.eviaa.org/ 541-342-4113	Free support for people experiencing addiction to alcohol. Call or check website for location / meeting times.		
Buckley Detoxification Center	605 W 4th Ave, Eugene 541-343-6512	OHP, sliding scale, other insurance		Community response for intoxicated individuals; support for substance users who need to withdraw safely from substances & achieve sobriety in a caring environment
Center for Family Development	146 E 12 th Eugene 541-342-4189	OHP, sliding scale, other insurance	Yes	Counseling, recovery programs, education groups, relapse prevention planning. Drop-in assessments M-T 11am-4pm.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	\$10-25 sliding scale, OHP	Yes	Addiction support for Spanish speaking adults and teens. Youth mentoring age 7-16.
Chrysalis (Whitebird)	990 W 7 th Ave, Eugene 541-683-1641	OHP, sliding scale	No	Outpatient. Peer counseling, groups, court referred DUI, acupuncture tx for withdrawals
Emergence	78 A Centennial Loop, Eugene 541-393-0777	OHP, sliding scale, other insurance	Yes	Outpatient services. Specialize in drug court, corrections, DUI, gambling, mental health, smoking cessation.
Integrated Health Clinics of Eugene	715 Lincoln St, Eugene 541-344-3574	OHP, sliding scale, other insurance	No	Outpatient treatment for opioid addiction. Group / individual counseling.
JESCO Club	340 Blair Blvd, Eugene 541-686-0538	FREE		Addiction Services, meetings
Narcotics Anonymous	http://lanecountyarea-na.org/meetings/ 541-729-0080 24-hour helpline	FREE		12-step meetings. "Recovering addicts who meet regularly to help each other stay clean."
Looking Glass Counseling	260 E 11th Ave, Eugene 541-84-4428	OHP / other insurance	Yes	Addiction counseling for youth under 21.
Methadone Treatment Lab	151 W 7th Ave Rm 163, Eugene 541-682-4464	OHP, other insurance or self-pay	No	Methadone dispensing & monitoring, counseling, drug screens, crisis intervention, HIV education & risk assessment. Resource referrals as needed.
Families Actively Improving Relationships (FAIR)	10 Shelton McMurfey Blvd, Eugene 541-485-2711	OHP	Yes	Intensive outpatient, community-based program to help parents experiencing challenges related to parenting, substance use & mental health.
ODI Clinic	10 Shelton McMurfey Blvd, Eugene 541-284-7560 Centro Latino 541-687-2667	OHP & Grant funding	Yes	Outpatient counseling services for teens with alcohol or drug problems.
Relief Nursery	1720 W. 25 th Ave, Eugene 541-343-9706 850 S 42 nd Ave, Springfield 541-485-0007	FREE	No	Parents for Recovery: Support group for parents in recovery for drug & alcohol addiction. Peer Support for parents participating in other Relief Nursery programs or referred by DHS.
Serenity Lane	541-485-1577 out-patient 4211 W 11 th Ave, Eugene 91150 Coburg Industrial Way 541-687-1110 in-patient	Private insurance, private pay, some OHP	No	In-patient & outpatient treatment. Able to treat clients with dual diagnoses.
Veterans Affairs	3355 Chad Dr, Eugene 541-607-0897			Mental health services, outpatient alcohol treatment & aftercare.
Willamette Family (Rapid Access Center)	195 W. 12 th , Eugene 541-762-4300	OHP, sliding scale, other insurance	No	Same-day medical & behavioral health services. Addiction assessments. Residential/outpatient, adults & teens. Walk in M-F 8-4:00
Alcohol Treatment Referral Hotline		800-252-6465		



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RECOVERY HOUSES (WOMEN)

Agency	Contact	Notes
Ashes to Beauty	4736 Royal Ave PMB 112, Eugene 541-654-5652	WOMEN 18-55, children (boys under 8, girls under 13). Education / job / parent support, mandatory meetings, bible study, counseling, UA's. No smoking / sex offenders. Apply www.ashestobeauty.org .
Autzen House	920 Summit Blvd., Springfield 541-844-1676 / 541-337-5064	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Baker House	1826 Danebo, Eugene 541-246-8858	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Beverly House	2406 Beverly St., Springfield 458-201-7762	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Dalton House	1740 Dalton Dr, Eugene 541-505-8517	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Fresh Start	Multiple Locations. 541-579-1961	Call Dan Lansing for more information & current openings. Must be clean & sober. 3 meetings per week. Random UA's.
Resurrection House	940 N Park, Eugene 541-606-0537	WOMEN. 2 weeks clean. Mandatory meetings, Random UA's
Riverbend House	5117 Innsbruck Way, Eugene 541-344-9191	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Safe Haven	969 W. 3rd, Eugene 541-514-8610	Women/ Children. Mandatory meetings, Random UA's.
Spencer Butte House	3230 Portland St, Eugene 541-653-8236	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's
Sponsor's	767 W. 8th Ave, Eugene 541-485-6738 or 541-485-8341	30 days clean & sober. Random UA's. Mandatory Meetings.
Teen Challenge Hannah's House	85989 Bailey Hill Rd, Eugene 541-344-4328	12-month live-in program. Faith Based. Children up to age 6.
Westmoreland House	1895 Polk St, Eugene 541-844-1950	30 days sober, no arsonists/sex offenders, mandatory meetings, UA's

RECOVERY HOUSES (MEN)

Agency	Contact	Notes
Clean & Sober Living	724 Washington St, Eugene 541-954-6710	Two weeks clean & sober.
Crenshaw House	1257 Crenshaw Rd, Eugene 541-653-9381	30 days clean & sober. Random UA's. Mandatory support groups.
Crescent House	2475 Crescent Ave, Eugene 541-636-4279	30 days clean & sober. Random UA's. Mandatory support groups.
Donald House	3302 Donald St, Eugene 541-654-0744	30 days clean & sober. Random UA's. Mandatory support groups.
Echo Hollow House	4160 Avalon St, Eugene 541-505-7912	30 days clean & sober. Random UA's. Mandatory support groups.
Emerald Valley House	4087 Concord St, Eugene 541-501-1826	30 days clean & sober. Random UA's. Mandatory support groups.
Fresh Start	727 5nd Street, Springfield 544 Water St, Springfield 541-579-1961	Call for interview. Must be clean & sober.
Glory House	875 Glory Drive, Eugene 541-505-9311	30 days clean & sober. Random UA's. Support groups.
Hayden Bridge House	1017 Hayden Bridge Rd, Springfield 541-735-3953	30 days clean & sober. Random UA's. Mandatory support groups.
Housing Our Veterans	Multiple Locations. 541-606-9220	Call Lorie Perkins for more information & openings.
Howard House	133 Howard St, Eugene 541-654-0294	30 days clean & sober. Random UA's. Mandatory support groups.
Mohawk House	1923 Centennial, Springfield 541-505-7057	30 days clean & sober. Random UA's. Mandatory support groups.
Nighthawk House	660 Aspen St, Springfield 541-505-9286	30 days clean & sober. Random UA's. Mandatory support groups.
Phoenix House	675 Hughes St, Eugene 541-654-3998 or 541-607-5869	30 days clean. 6-month commitment, zero tolerance house. Mandatory meetings. Random UA's
Recovery First	742 Washington St, Eugene 541-606-3644	Two weeks clean & sober. Random UA's.
Safe Haven	325 S. 37th St, Springfield 541-606-2995	Mandatory support groups. Random UA's.
Sponsor's	338 Hwy 99 North, Eugene 541-485-8341	Random UA's. 30 days clean & sober. Mandatory support groups
Uncle John's	313 49th St, Springfield 541-515-6866	Random UA's. Must be clean & sober.



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HOUSING ASSISTANCE

Agency	Contact	Spanish	Notes
Affordable Housing Online	https://affordablehousingonline.com/housing-search/Oregon/Lane-County		
Catholic Community Services	541-345-3628 1464 W 6 th Eugene / 1025 G St, Springfield	Yes	There is a lottery for housing counseling. Call or inquire at the front desk about the next lottery day.
Community Sharing Program of Cottage Grove	541-942-7933 1440 Birch Ave. Cottage Grove	Yes	Help to avoid eviction / foreclosure or assist with rental entry costs. Food boxes, firewood, utility & prescription assistance, showers, laundry, & propane.
Cornerstone Community Housing	541-683-1751 Multiple locations. Call or see website.	No	High quality affordable housing, onsite services that promote personal growth & economic independence. www.cornerstonecommunityhousing.org
DevNW	212 Main St, Springfield 541-345-7106	Yes	Affordable rentals. 1 st time homebuyer & financial literacy class. Foreclosure counseling. Student loan counseling. \$75 annual membership.
Homes for Good	177 Day Island Rd, Eugene 541-682-3755 300 W Fairview, Springfield 541-682-4090	Yes	Wait list for low income housing. Includes rent subsidies (Section 8). Apply online or in person. www.homesforgood.org/
HUD (Section 8)	Apply online at: www.applysectioneight.com/apply_select_state		Section 8 Housing Choice Voucher program offers a subsidy to help pay for rent. Anyone who is living in Oregon, is a US citizen or permanent resident, and over 18 can apply for Section 8. Eligibility is primarily determined by income.
New Roads (Looking Glass)	941 W 7 th Ave Eugene 541-686-4310	No	Support finding housing for homeless youth, 16-21 yrs.
Opportunity Village	458 Blair Blvd. Eugene 541-606-4455	No	Square One Villages - Tiny Homes. \$30/month rent
Salvation Army	640 W. 7 th , Eugene 541-343-3328 Springfield 541-747-6229	Yes	Rental assistance. With 72-hour notice & copy of rental agreement. \$100 max.
ShelterCare	969 Hwy 99 N Eugene 541-689-7156 1545 S Brooklyn, Eugene 541-741-7726	Yes	Assistance getting on the centralized wait list for affordable housing, 12-18 month wait list.
Springfield Housing Programs	541-736-1039 225 5 th St, Springfield	On request	
St. Vincent de Paul <i>Assistance getting on the centralized wait list for affordable housing,</i>	First Place Family Center Lindholm Center Veteran Families	541-342-7728 1995 Amazon Parkway Eugene 541-607-0439 450 Hwy 99 N, Eugene 541-743-7185 2890 Chad Drive, Eugene	
SquareOne Villages	111 N Garfield St, Eugene 541-606-4455	NO	Self-managed communities of cost-effective tiny homes for people in need of housing. \$35 utility payment

HOUSING COMPLAINTS

Agency	Contact	Spanish	Notes
Oregon Fair Housing Council	800-424-3247	Yes	Enforces fair housing laws related to discrimination.
Community Alliance of Tenants	503-288-0130	Yes	Renter's rights hotline. Mon, Wed, Thurs, 3-7 pm.
Human Rights & Housing Practices Code	541-682-5177		For housing discrimination complaints based on the housing practices code.

HOME REPAIRS and IMPROVEMENT

Agency	Contact	Spanish	Notes
Eugene Emergency Minor Home Repair	99 W 10th Ave, Eugene 541-682-5446	Yes	Zero-interest loans / grants to correct conditions that create an immediate safety threat.
Springfield Home Improvement Program	225 5 th St., Springfield 541-726-2358	Yes	No-interest, deferred loans for eligible home-owners for heating, roofing, painting, doors, windows, dry rot, foundation, electrical, plumbing, weatherization, handicap access



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DAY CENTERS & EMERGENCY SHELTERS

Agency	Contact	Fees	Spanish	Notes
Community Supported Shelters	1160 Grant, Eugene 541-683-0836	FREE	NO	Conestoga huts & tent communities for the unhoused. Plan advisors & peer support.
Dusk to Dawn (St. Vincent de Paul)	456 Hwy 99, Eugene 541-687-5820	FREE	Yes	Homeless day shelter for adults, food boxes, employment support for homeless veterans, 2nd chance rehabilitation program, social service office.
Egan Warming Center	9 locations. Call or see website. 541-689-6747	FREE	NO	Open 7pm to 8am, Nov 15 th - March 31 st on nights when average temperature is 29 degrees or below.
Eugene Mission	1420 W 1 st , Eugene - women 1542 W 1 st , Eugene - men 541-344-3251	3 nights free, then chores	Spanish translator	Shelter . Meals. Faith based A&D 12 step. Residential life skills program. GED classes.
Eugene Service Station St. Vincent de Paul	450 Hwy 99, Eugene 541-461-8688	FREE		Day shelter , food, clothing, laundry, showers, phone, computer access.
First Place Family Center St. Vincent de Paul	1995 Amazon Pkwy, Eugene 541-342-7728	FREE	Yes	Day center , showers, laundry, food, internet, respite (age 5 & under). Night shelter & overnight parking (year round).
Station 7 (Looking Glass)	931 W. 7 th , Eugene 888-689-3111 24-hour crisis line	FREE	Yes	Emergency shelter for runaway / homeless youth ages 11-17 yrs.
ShelterCare	969 Hwy 99 N, Eugene 541-689-7156 1545 S Brooklyn St, Eugene 541-741-7726	FREE	Yes	Emergency shelter, supportive housing for people experiencing mental illness or brain injury. Rapid rehousing for families with 72-hour notice. 30-day post-hospitalization medical recuperation .
Womenspace	541-485-6513 24 -hour Crisis line 541-485-8232 office 1557 Pearl St., Suite 200, Eugene	FREE	Yes	Serving all survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, crisis intervention, safe house , legal support, emergency transportation, support groups, and Latina bilingual advocacy.

HOME OWNERSHIP

Agency	Contact	Fees	Spanish	Notes
A Brush with Kindness	541-741-1707	See notes. <i>Cost of project must be between \$500-\$2500</i>		Zero-interest loans for low-income homeowners for minor exterior home repairs such as painting, ramps, gutter, fence, deck or stair repair, and overgrown brush removal. See website for eligibility details: https://habitatlane.org/home-repair/
Homebuyers Assistance (City of Eugene)	541-682-5446	Free		Down-payment assistance for qualifying families who can secure loan & pay mortgage.
Home Ownership Program (Springfield)	541-726-2358	Free		Up to \$7000 interest-free loan toward down payment for qualified home.
DevNW	212 Main St, Springfield 541-345-7106	\$75 annual membership	Yes	Free 1 st time homebuyer & financial literacy class. Foreclosure counseling. Affordable rentals. Student loan counseling.

FINANCIAL ASSISTANCE

Agency	Contact	Spanish	Notes
DHS-Self Sufficiency	2885 Chad Dr, Eugene 541-686-7878 2101 W 11th Ave, West Eugene 541-686-7722 101 30 th St. Springfield 541-726-3525 305 Coop Court, Cottage Grove 541-942-9186 3180 Highway 101 N, Florence 541-997-8251	YES	SNAP (food stamps), TANF (Temporary Assistance for Needy Families), ERDC (Employment Related Daycare), Domestic Violence Grant. Must qualify by income.

TELEPHONE ASSISTANCE

Agency	Contact	Notes
Oregon Lifeline	www.puc.state.or.us/pages/rsp/otap.aspx	Reduces bill. Apply online / print application from the website.

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ENERGY ASSISTANCE

Agency	Contact	Notes
Ebbert Memorial Methodist Church	532 C St, Springfield 541-746-3513	With shut-off notice, can offer \$25, if client can pay balance. SUB only.
Community Sharing Program	1440 Birch Ave, Cottage Grove 541-942-7933	Utility assistance, Food boxes, firewood, prescription assistance, showers, laundry, & propane. Help to avoid eviction / foreclosure.
Springfield Utility Board Project Share	Email projectshare@ccslc.org , call 541-746-9852 , or walk in at Springfield Community Service Center, 1025 G St.	
Emerald Rate Assistance Program (ERAP)	For EPUD households with a member who has a permanent disability, and/or age 60+, or with children under 6 years old who meet the income qualification. Participants receive \$200 credit to their EPUD account over 4-months. Program starts in spring. Call Lane County Energy Programs at 541-682-3378	
EWEB Customer Care	Up to \$200 for qualifying customers. Wait list opens on 1 st business day of each month, starting in October at 9am. Call, walk in or apply online. <i>Senior citizens, ages 60+, call Campbell Community Center: 541-682-5354</i> <i>General Public:</i> Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642 Springfield Community Service Center, 1025 G Street, 541-747-8349	
Low-Income Home Energy Assistance Program (LIHEAP)	Waitlist opens the 1 st business day of the month in November. Call, walk in or apply online. Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642, opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 747-8349, opens @ 9:00 am Florence Siuslaw Outreach Services, 997-2816, opens @ 9:00 am Cottage Grove Community Sharing, 942-6492, opens @ 11:00 am Oakridge St. Vincent de Paul, 782-3590, opens @ 8:30 am	
NW Natural Oregon Low-income Gas Assistance	<i>Senior citizens, ages 60 & older, call Campbell Community Center in Eugene 541-682-5354</i> <i>General Public:</i> Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642 , opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 541-747-8349 , opens @ 9:00 am Cottage Grove Community Sharing, 541-942-6492 , opens @ 11:00 am	
Pacific Power –Energy Assistance Program	Eugene Community Service Center, 1464 W. 6th Avenue, 541-345-3642 , opens @ 9:00 am Springfield Community Service Center, 1025 G Street, 541-747-8349 , opens @ 9:00 am Cottage Grove Community Sharing, 541-942-6492 , opens @ 11:00 am	

BUDGETING & MONEY MANAGEMENT

Agency	Contact	Fees	Spanish	Notes
DevNW	212 Main Street, Springfield 541-345-7106	\$75 annual membership	Yes	Classes and one-on-one financial counseling. Free 1 st time homebuyer & financial literacy class. Foreclosure counseling. Student loan counseling.
Prosperity Center	855 Seneca Rd, Eugene 541-431-3332	FREE		Support with budgeting, debt reduction, taxes



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EMPLOYMENT SERVICES

Agency	Contact	Fees	Spanish	Notes
Alternative Work Concepts	541-345-3043 Email: awc@efn.com			Individualized, integrated, meaningful employment opportunities for adults with multiple disabilities.
Centro Latino Americano	944 W 5 th , Eugene 541-687-2667	FREE	Yes	Employment & resume support.
DevNW	212 Main Street, Springfield 541-345-7106	\$75 annual membership	Yes	Classes and one-on-one financial counseling. 1 st time homebuyer & financial literacy class. Foreclosure and student loan counseling.
Job Connections (Goodwill)	1010 Green Acres, Eugene 541-431-3309 102 30 th Street, Springfield 458-205-8157	FREE	Eugene only	Job search, supported employment, resume help.
Lane Small Business Development Center	101 W 10 th Ave, #304, Eugene 541-463-6200	Varies	Interpreter Available	Support services for small businesses, workshops and free business advising.
Lane WorkForce Partnership	541-505-8674 1401 Willamette Street	FREE	Yes	Skill assessment, job search, on the job training
Northwest Youth Corps	2621 Augusta Street, Eugene 541-349-5055	See notes	Some programs	Job-training. Young adults- free. Youth- \$50-225 tuition. Crew members earn a stipend.
Pearl Buck Center	115 W 8 th Ave, #280, Eugene 541-780-6404	FREE	No	Support finding housing / employment for adults with developmental disabilities
Quality Care Connections	Lane Community College campus 4000 E 30 th Bldg. 24, Eugene 541-463-3954	Class prices vary from free to \$60	Yes	Training / business assistance for childcare providers
Re-entry Resource Center at Sponsors	338 Hwy 99 N, Eugene 541-505-5690	FREE	Some classes	Resume, interviews, jobs search, clothes for those who have been incarcerated
St. Vincent de Paul	456 Hwy 99, Eugene 541-607-0439	FREE		Career counseling, resume help, interviewing tips.
Supported Employment Services	711 Country Club Rd, #1-A, Eugene 541-687-0687	FREE	No	Job placement, coaching, supported employment for adults with disabilities. Referrals must come from Voc. Rehab.
Vocational Rehabilitation (DHS-Self Sufficiency)	2885 Chad Dr, Eugene 541-684-2450 101 30 th Ave, Springfield 541-726-3525	FREE	Yes	Training / job placement for adults with disabilities.
WorkSource Oregon	2510 Oakmont Wy, Eugene 541-686-7601	FREE	Yes	Resume, interviewing, job search center with internet.

WORKER'S COMPENSATION

Agency	Contact	Spanish	Notes
Worker's Compensation	800-452-0288	YES	Call regarding worker's comp. claims.

ADULT EDUCATION

Agency	Contact	Fees	Spanish	Notes
Adult Basic & Secondary Education (Lane Community College)	LCC main campus, Bdg 11, Rm 207 541-463-5785	Varies. Scholarships.	YES	GED prep, classes to improve reading / math scores, support applying to LCC.
Downtown Languages	532 C St, Springfield 541-686-8483	Varies, some FREE	YES	English as a Second Language, GED, Literacy, Citizenship, and Bilingual Computer Classes.
Eugene Mission	1470 W 1 st St Eugene 541-344-3251	FREE		GED classes for people in shelter
Women in Transition (Lane Community College)	LCC - 4000 E 30 th , Eugene 541-463-5353	Financial aid	NO	11-week class to help women plan to reach personal and career goals. GenderEquityCenter@lanecol.edu

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OTHER RESOURCE GUIDES

In addition to this guide, there are several other very helpful resource navigation tools in our community!

Agency	Notes
AbleFind	Online searchable database for disability services in Oregon. Includes housing, health, recreation, employment, education, social security, safety, legal, finances & more. www.ablefind.org
LANE 211	Referrals to over 50,000 programs in Oregon. www.211info.org or call / text 211. Phone app available.
LaneKids	Calendar of local events for children in Lane County. www.lanekids.org/events/
Parenting Now Resource Guide	Resources for families. Online: https://resources.parentingnow.org/ Printable in English & Spanish: https://parentingnow.org/resources-for-families/
South Lane County Resource Guide	A directory of resources for people living in South Lane County . Available in print format at the Community Center and online at https://www.cottagegrove.org/community/page/south-lane-county-resource-guide . To add a resource to the guide or to submit a correction, contact 541-942-1185 or email comcenter@cottagegrove.org .
The HELP Book (Whitebird Clinic)	Over 700 human service resources in Lane County. Order at: https://whitebirdclinic.org/helpbook
The Lane Senior Guide	Comprehensive online directory of services for seniors , including health-care, residential & assisted-living communities, community services, treatment centers & more. www.laneseniorservices.org/

RURAL LANE COUNTY

The following sections of this guide are specific to the rural communities in Lane County.

SOUTH LANE SERVICES (Cottage Grove, Creswell, Dorena and surrounding area)

Email comcenter@cottagegrove.org to receive the South Lane Resource Guide, a more comprehensive list of South Lane services.

Agency	Contact	Notes
Alcoholics Anonymous (Cottage Grove / Creswell)	541-342-4113	Confidential 12-step programs for people experiencing addiction to alcohol. Call for list of meetings & events.
Beds for Freezing Nights	Primary site: 1025 N. 19 th St, Cottage Grove Secondary site: 216 S. 3 rd St, Cottage Grove 541-658-9254	Warming center is active Nov 15 – Mar 31 when the average overnight temperature falls to 29 degrees Fahrenheit or below. Ask about pet policy. www.freezingnights.com
Child Car Seat Program	541-942-9145 x264	The Cottage Grove Police Department offers car seat installation inspections. Call for an appointment.
Community Meal Sites	Trinity Lutheran Church 675 S. 7th St. Tuesdays & Thursdays at 5:00 pm Church of the Nazarene 152 S. M St. Wednesdays at 6:00 pm	
Community Sharing Program	1440 Birch Ave. Cottage Grove 541-942-7933	Help to avoid eviction, foreclosure assistance, rental entry costs. Firewood, food, utility & prescription assistance, showers, laundry, propane.
Cottage Grove Community Center	700 E. Gibbs Ave, Cottage Grove 541-942-1185	Yoga, crafts, support groups. Room space available for rent for events, trainings and classes.
Cottage Grove Counseling Clinic	411 Washington St., Cottage Grove 541-942-8060	Counseling services for children, adolescents, adults. Medicare accepted.
Cottage Grove Public Library	700 E. Gibbs Avenue, Cottage Grove 541-942-3828	Books and media for children and adults. Public computers / internet. Programs for children, teens and adults. www.cottagegrove.org/library
Cottage Grove Safe Haven	541-946-3232	Transitional house for recovering women. www.cottagegrovesafehaven.com
Cottage Grove Senior Center	700 E. Gibbs Ave, Cottage Grove 541-942-8751	Recreational activities, classes, blood pressure checks, exercise, hearing tests, foot care.
Creswell Social Services	Creswell Community Center, 99 S 1st, Creswell 541-895-2531	
Creswell YMCA	996 W. A Street, Creswell 541-686-9622	Kindergarten through 5th grade Soccer, Basketball, T-Ball
Department of Human Services (Cottage Grove)	305 Coop Court, Cottage Grove 541-942-9186	Childcare assistance to eligible families. SNAP (Food stamps) for eligible low-income families and individuals.
Early Education Program	Creslane Elementary School 996 West A, Creswell 541-895-6174	Structured preschool for children age 3-5 with and without special needs. Classes focused on language development, social skills and self-regulation.
Emergence Alcohol and Drug Treatment Services	710 Adams, Cottage Grove 541-767-3057	Alcohol and drug outpatient treatment and intensive outpatient therapy for ages 18+. Accepts OHP.

See next page for more SOUTH LANE SERVICES



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SOUTH LANE SERVICES Continued

Agency	Contact	Notes
Family Relief Nursery	720 N. 14th Street, Cottage Grove 541-942-4835 Creslane Elementary: 996 A St., Modular 3, Creswell 541-942-4835	Therapeutic early childhood program, home visiting, parenting support, developmental screenings, respite, parenting classes for qualifying families with children age 2-6.
Full Access	1450 Birch Ave, Cottage Grove 541-942-5003	Support assisting individuals with intellectual and developmental disabilities. www.fullaccess.org
Goodwill Job Connections	303 E. Main, Cottage Grove 541-942-9057	Free, personalized services for job seekers. Job search assistance, resume assistance, interview skills coaching and workshops.
Habitat for Humanity of Central Lane	78314 OR-99, Cottage Grove 541-741-1707	Supports local needs for housing and restoration of homes for people in need. www.habitatlane.org
Head Start of Lane County	1310 S. 8th St, Cottage Grove 541-767-3525	Preschool programs for ages 3-4, including children with special needs. Early Head Start program for ages birth-3. No cost, eligibility based on income. www.hsolc.org
Meals on Wheels	541-682-7804	Meals delivered to people who are homebound.
Peace Health Cottage Grove Community Medical Center	1515 Village Drive, Cottage Grove 541-767-5500	Walk-in clinic, 24-hour emergency department, hospital, physicians.
Café 60 Senior Meals	Riverview Terrace, 925 W. Main, Cottage Grove 541-682-9261 (call ahead) T/W/TH Crestview Villa, 350 S. 2nd St, Creswell 541-895-2338 (call ahead) M/W/F	Serving ages 60+. Guests under age 60 are welcome to attend for \$8 per meal.
South Lane Family Resource Center	1310 S. 8th St (Corner of 8th & Taylor), Cottage Grove 541-942-4967	Parent education, homework/tutoring help, referrals to community resources. Tuesdays & Thursdays 8:30am - 4:30pm.
South Lane Mental Health	410 N. 9th St., Cottage Grove 541-942-2850	Individual, family, and child counseling, med management, crisis response, anger management, supported housing, recovery program for ages 14 and up. Oregon Health Plan.
South Valley Athletics	8th St. & Taylor, Cottage Grove 541-942-3079	Kid's Sports, Adult Softball
Tender Hands Doula Services	75 S. 5th St, Cottage Grove 704-517-5848	
Warren H. Daugherty Aquatic Center	1000 Taylor Ave., Cottage Grove 541-942-5533	Public pool, swim programs for all ages, lessons, fitness classes, warm water therapy pool.
Weight Watchers	Church of the Nazarene 152 S. M St., Cottage Grove 541-342-5386	
Welcome Baby Box (90x30)	541-870-0689 or 541-346-7484	Welcome Baby Box containing diapers, clothes, wipes, other necessities, and a guide to community resources. Free for the families of all infants born in the South Lane region.
WIC (Women, Infants, and Children)	305 Coop Ct, Cottage Grove 541-682-4202	Nutrition education, breastfeeding support, and access to healthy foods.
Womenspace	541-485-6513 24 -hour Crisis line 541-485-8232 Office	Serving survivors of intimate partner violence and their families. Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, bilingual advocacy.

SOUTH LANE SCHOOLS

School	Contact
Ace Charter: The Academy for Character Education	195 N. 6th St, Cottage Grove 541-942-9707
Al Kennedy High School	79980 Delight Valley School Rd, Cottage Grove 541-942-1962
Bohemia Elementary School	721 S. R St, Cottage Grove 541-942-3313
Child's Way Charter School	37895 Row River Rd, Dorena 541-946-1821
Cottage Grove High School	1375 S. River Rd, Cottage Grove 541-942-3391
Creslane Elementary School	996 West A Street, Creswell 541-895-6140
Creswell High School	33390 Niblock Lane, Creswell 541-895-6020
Creswell Middle School	655 W Oregon Ave, Creswell 541-895-6090
Dorena Elementary School	37141 Row River Rd, Dorena 541-946-1506
Harrison Elementary School	1000 Taylor Ave, Cottage Grove 541-942-3389
Lincoln Middle School	1565 4th St, Cottage Grove 541-942-3316
London Elementary School	73288 London Rd, Cottage Grove 541-942-0183

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FLORENCE & WESTERN LANE COUNTY SERVICES

Agency	Contact	Fees	Notes
Alanon / Alateen	Confidential, free 12-step support for families/friends of people experiencing addiction. https://alanonlaneor.us/find-a-meeting/		
Alcoholics Anonymous	Hotline: 541-469-2440	Confidential, free 12-step programs for people experiencing addiction to alcohol. Contact hotline or see website for up to date list of meetings & events.	
Beacon of Hope Recovery Center	88896 Hwy 101, Florence 541-997-5697	FREE	Location for a wide variety of 12-step recovery meetings. See website for calendar: https://beaconofhopealanoclub.com/
Boys & Girls Club	541-902-0304 1501 Airport Rd., Florence	Varies. Scholarships.	Tutoring, sports. During the school year, a hot meal is served each day. During the summer, two hot meals & snacks are served.
DHS Self Sufficiency Program	541-997-8251 3180 Hwy 101 N, Florence	FREE	Food benefits (SNAP), financial assistance for families (TANF), childcare assistance, refugee services.
Early Childhood CARES	541-997-1513 2325 Oak St, Florence	Free early intervention services for children birth to school age. Preschool, autism, speech, hearing, vision, occupational/physical therapy, home consultations.	
Emergence	541-997-8509 1932 Pine St, Florence	OHP, sliding scale	Counseling for chemical dependency / gambling for adolescents & teens, family dynamics.
Florence Area Community Coalition	541-999-2927	Online resource directory at: www.florenceareacc.org/service_directory.aspx	
Florence Emergency Cold Weather Shelter	Shelter is open when wind-chill is 32 deg or lower. Separate areas for men & women. Crates for pets out of the rain. FREE www.coldshelter.org/		
Florence United Methodist Church	541-997-6025 333 Kingwood Street, Florence	FREE	Lunch program on Tuesdays & Thursdays. Soup, bread & dessert meal.
Focus 4 Crisis Line	541-997-4444	FREE	
Head Start, West Lane County	541-997-9176 2325 Oak St, Florence	FREE	Home visiting, parenting support, preschool, screening for vision & hearing. Breakfast & lunch for children. Interpreter available.
Helping Hands Coalition	541-997-5057 1790 US-101, Florence	FREE	Day center for people experiencing homelessness. Hot lunch Mon, Wed, Fri. Laundry, food, showers, clothing, travel assistance.
Mina Dickson, Counseling Services	541-999-6809 1535 12th Street, Suite 4 A, Florence	Sliding scale, insurance	Child, individual, family therapy. Energy psychology; chronic pain & disease; Art therapy; Crime Victims Assistance.
Ministry Event Services	Clothes, food, tents, etc. for adults 18+ experiencing homelessness. FREE MinisterEventServices@gmail.com		
NAMI (National Alliance on Mental Illness)	541-343-7688 888 Western Way, Florence	FREE	Classes & support groups for people living with a mental health condition & for their families.
Oregon Family Support Network	541-901-1175	FREE	Support for caregivers raising a child with mental health challenges. Support group, IEP support, referrals, trainings.
Options Counseling & Family Services	541-997-6261 1445 8th St, Florence	Fees vary	Family / individual counseling for adults & children. OHP, private pay, some insurance.
Peace Harbor Medical Center 400 Ninth St, Florence 541-997-8412	Counseling Services - 541-902-6085		Diabetes Wellness Clinic - 541-997-1295
	Emergency Services - 541-997-8412		Orthopedic & Sports Medicine - 541-997-7104
	Home Health and Hospice - 541-997-3418		Walk-In Clinic - 541-997-7134
	Imaging Center - 541-997-2804		Women's Health - 541-902-1634
	Rehabilitation and Wellness Center - 541-902-1669		Childbirth & Newborn Care Class 541-897-9048
PFLAG (Parents & Friends of Lesbians & Gays)	541-991-8550 pflagflo@gmail.com	FREE	Support, education, advocacy for lesbian, gay, bisexual, & transgender individuals, their families, friends, allies.
Pregnancy & Parenting Center	541-902-2273 1525 12th Street, Suite G, Florence	FREE	Pregnancy tests, pregnancy options info, teen pregnancy support; parenting, pre-natal, & birth education; family mentoring, peer counseling. Tues & Thurs 11am-4pm. Parent-Child Playgroup every Wednesday, 10:30-12 Noon (0-5 years old).
Reconnections Counseling	541-997-1697 1720 34th St, Florence	Sliding scale, insurance	Addictions & mental health counseling within a private setting focusing on client's needs.
Siuslaw Batterers Intervention Program	541-335-1457 1525 12th St, Suite G, Florence	52-week batterers intervention program & a 12-week anger management program for both males & females.	
Siuslaw Outreach Services	541-997-2816 office 541-997-4444 hotline 1576 W. 12th Street, Florence	Advocacy for survivors of domestic violence, sexual assault & sex trafficking. Support groups, classes, safe house, protective order assistance, vouchers for basic needs. Rental & utility assistance. Self-sufficiency education.	
Siuslaw Public Library	541-997-3132 1460 9th St, Florence	Story times & activities for children. Computer lab. Library cards are free for residents, \$15 nonresidents	
	541-268-4033 88148 Riverview Ave, Mapleton		
Well Mama Support Group	541-999-4880 Women's Clinic 340 9th St., Florence	Open to all families, partners and support persons who feel overwhelmed or are experiencing depression & anxiety. 2nd & 4th Tues each month, 6-7:30pm. Free.	

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OAKRIDGE & WESTFIR SERVICES

Agency	Contact	Notes
Adult & Family Services	541-686-7878 Uptown Mall, 305 Coop Court	
Department of Human Services	541-736-7854 Uptown Mall, 305 Coop Ct	Apply for food stamps (SNAP)
Womenspace	24-hour Crisis line: 541-485-6513 Willamette Activity Center, 47674 School Street 541-782-2877	Peer support, advocacy, safety planning, crisis intervention, safe house, legal support, emergency transportation, support groups, and Latina bilingual advocacy for survivors of intimate partner violence and their families.
Oakridge Food Box	541-782-2192 47674 School Street	
Oakridge School District Homeless Liaison	541-782-2231 or 541-782-3226 Email: rdasher@oakridge.k12.or.us	Help for students and their families who are homeless, living in a hotel/car/trailer/campground.
Family Resource Center	541-782-3281 76499 Rose St, Oakridge	Parenting classes, computer classes, after-school program, events. Free internet, printing, faxing, clothes closet.
Senior & Disabled Services	541-782-4726 Uptown Mall, 305 Coop Court	Service coordination & advocacy for seniors and anyone with a disability in Lane County.
WIC – Women, Infants, & Children	541-782-4216 Uptown Mall, 305 Coop Court	Nutrition education, food vouchers for pregnant & breast-feeding women, & children under 5.
St. Vincent de Paul - Oakridge	541-782-5928 47663 OR-58, Oakridge	Rent, utility, prescription assistance, coin laundry machines, job training.
St. Vincent's Veteran's Services	541-285-7291	
Animal Clinic	541-782-4281 48277 E 1st St, Oakridge	Wednesdays only
Oakridge DMV	541-782-2304 47660 OR-58, Oakridge	Open Thurs 9:30-3:30 (Closed for lunch 12:30-1:30)
Fire Department	541-782-2416	
Lane Electric	541-484-1151 787 Bailey Hill Rd, Eugene	
Oakridge City Hall	541-782-2258 48318 E 1st St, Oakridge	
Oakridge Police Department	541-782-4232 76435 Ash St, Oakridge	
Public Library	541-782-2258 48318 E 1st St, Oakridge	
Westfir City Hall	541-782-3983 47441 Westoak Road	
Five Rivers Family Practice	541-782-4068 48134 OR-58, Oakridge	Primary care & preventative services
McKenzie/Willamette Hospital	541-726-4400 1460 G St, Springfield	
Oakridge Eye Clinic	541-782-5000 48247 Hills St, Oakridge	
Options Counseling	541-684-7625	
Orchid Health Clinic	541-782-8304 47815 OR-58, Oakridge	Primary care, preventative, & mental health services.
Oregon Health Plan	866-804-6315	
Trillium Postal Pharmacy	541-782-3413 47809 OR-58, Oakridge	

OAKRIDGE & WESTFIR SCHOOLS

School	Contact	Notes
School District Office	541-782-2813	
Early Childhood CARES	48119 E 1st St, Oakridge 541-782-3221	Early intervention and early special education assessments and services.
Head Start	48119 E 1st St, Oakridge 541-782-3294	
Oakridge Elementary	48119 E 1st St, Oakridge 541-782-3226	
Oakridge Jr. /Sr. High	47997 W 1st St, Oakridge 541-782-2231	
Westridge Middle School	46433 Westfir Rd, Westfir 541-782-2731	
Westridge Alternative	541-782-3101	GED program, web- based distance education program & an alternative school.

OAKRIDGE & WESTFIR CHURCHES

Agency	Contact	Agency	Contact
Church of Christ	541-782-1017 76335 Rainbow Rd, Oakridge	Jehovah's Witness	541-782-3005 47386 OR-58, Oakridge
Church of the Nazarene	541-782-3265 48187 OR-58, Oakridge	Jesus Christ of Latter-Day Saints	541-782-3120 48703 McFarland Rd, Oakridge
First Assembly of God	541-782-2342 47949 OR-58, Oakridge	St. Luke Lutheran Church	541-782-2030 47477 Teller Rd, Oakridge
First Baptist Church	541-782-3511 47606 School St, Oakridge	St. Michael's Catholic Church	541-782-3262 76387 Crestview St, Oakridge
First Christian Church	541-782-2859 76470 Hazel St, Oakridge		

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VENETA, ELMIRA & FERN RIDGE SERVICES

Agency	Contact	Notes
Emergency Assistance	541-935-0948 25035 W Broadway Ave, Veneta	Help for community members with housing emergencies including utility shut offs, available every Tuesday & Thursday, by appointment only.
Fern Ridge Library	541-935-7512 88026 Territorial Rd., Veneta	Open Tuesday - Thursday 10-8 / Friday 10-6 / Saturday 10-5
Fern Ridge Family Resource Center	541-935-8225 ext. 418 Veneta Elementary School 88131 Territorial Road, Veneta	Playgroup for toddlers & preschoolers. Free parenting classes. Stress & Anger Management classes.
Fern Ridge Service Center	541-935-2262 25035 W Broadway Ave, Veneta	Senior Meals Program, Meals on Wheels & Senior Connections. Classes & services for seniors, 60 & over . Lunch served weekdays.
Love Project Food Pantry & Gleaners	541-935-4555 x104 25035 W Broadway Ave, Veneta	Open Mon-Wed-Fri 10-11:30am & 12:30-2pm, and Wednesday evenings from 6-7:30.
Mid Lane Cares	541-935-0948 25035 W Broadway Ave, Veneta	https://midlanecares.com/
Olivet Baptist Church Lillie's of the Field	541-935-1988 25027 Dunham Ave, Veneta	Provides family clothing & housewares for those in Fern Ridge Area, Tu/Th 2:00-4pm.
Rural Oregon Accessible Medicine (Mid Lane Cares)	541-556-4923 Valley United Methodist Church in Veneta and Olivet Baptist Church in May & Nov (see notes)	Free medical clinic on the 2 nd Sunday of each month at the Valley United Methodist Church in Veneta. The 2 nd Saturday in May & November we hold Project Community Connect at Veneta's Olivet Baptist Church, with free medical, dental, foot care, blood pressure checks, childcare & representatives of various health services.
S.A.N.T.A. (Sharing Among Neighbors Toy Appeal)	Veneta Elementary 88131 Territorial Rd, Veneta	Winter holiday gift giving: children receive a new coat, 2 books, & 2 new toys selected by their parents. Last Saturday before Christmas. First come first served. Bring proof of residency in the Fern Ridge area & proof of each child's age.
Silver Tree	541-935-4141	Delivery of donated Christmas gifts to home-bound seniors.
Jim Petty Scholarship Fund	541-935-0948	Scholarships for youth in the Fern Ridge area. Including Territorial Sports Program, Veneta pool, & Applegate Art Guild.

VENETA, ELMIRA & FERN RIDGE SCHOOLS

School	Contact	School	Contact
Fern Ridge School District	541-935-2253 88834 Territorial Hwy, Elmira	Elmira Elementary School	541-935-8214 88831 Territorial Road, Elmira
Elmira High School	541-935-8200 24936 Fir Grove Ln, Elmira	Veneta Elementary School	541-935-8225 88131 Territorial Road, Veneta
Fern Ridge Middle School	541-935-8230 88831 Territorial Road, Elmira	West Lane Tech Charter	541-935-2101 24967 Highway 126, Veneta

PLEASANT HILL SERVICES

Agency	Contact	Notes
Pleasant Hill Education Foundation	janderson@phillfoundation.org 541-736-0759	Provides scholarships to inspire learning, enhance teaching, & create opportunities students.
Reaching Out Mentoring Program	hammondmendez@pleasanthill.k12.or.us 541-736-0495	One-to-one trained adult mentors for identified middle school students. Secondary school mentors are paired with younger students.
Pleasant Hill Family Resource Center	hammondmendez@pleasanthill.k12.or.us 541-746-9646	Clothes closet, parenting classes, parent/child activities, computer/internet use, referrals to local resources, connection with other families.

PLEASANT HILL SCHOOLS

School	Contact
Pleasant Hill School District	36386 Highway 58, Pleasant Hill 541-746-9646
Pleasant Hill Elementary School	36386 Highway 58, Pleasant Hill 541-736-0400
Pleasant Hill High School	36386 Highway 58, Pleasant Hill 541-747-4541